



Food List



As of April 1, 2026

MILK

Gallons or half gallons

Whole, 1% (lowfat), skim (fat free), calcium fortified, cultured buttermilk, lactose free, non-fat dry milk powder (3 qt. or 8 qt.), evaporated (12 oz. can), Meyenberg Goat's Milk (quart, 12 oz. can powder or evaporated)



No 2%, chocolate or flavored, extra protein, almond, coconut, organic, rice, pea, oat or sweetened condensed milk.

CHEESE

Shredded or Block;

8 oz. or 16 oz. size;

(1 pound = 16 oz. or two 8 oz. packages)

American, any Cheddar variety, Colby Jack, Colby, Swiss, Mozzarella, Marble Jack, Muenster, Provolone, Monterey Jack, string (individually wrapped allowed)



**String cheese must be 8 oz. or 16 oz. only.*



No sliced or cubed. No cheese foods, cream cheese or spreads. No Havarti, Gouda, Farmer, Parmesan, Romano, Asiago, and Asadero. No added ingredients, pepper jack, smoked, organic, or flavors (Mexican, Taco). No random weight or deli cheese.

YOGURT

32 oz. containers only

BRANDS

Activia Low-fat (Plain)

Dannon Non-fat (Plain)
Low-fat (Plain, Vanilla)

Dannon Light & Fit Fat-free
(*Strawberry, *Vanilla)

Yoplait (Original) Low-fat (Vanilla, Strawberry, Blueberry, Harvest Peach, Strawberry Banana)

Essential Everyday Fat-free (Plain) Low-fat Blended (Blueberry, Strawberry, Vanilla)

Great Value Non-fat (Plain, *Light Vanilla) Low-fat (Strawberry, Peach, Strawberry Banana)

Our Family Non-fat (Plain, *Vanilla) Low-fat (Strawberry, Blueberry, Peach, Vanilla)

Lucerne Low-fat (Peach, Strawberry, Vanilla) Non-fat (Plain)

**Contains artificial sweeteners*



No Greek, soy, plant-based or organic.

SOY MILK

Half gallons

Bettergoods – Original flavor only

Silk – Original flavor only



No complete, organic, light, fat-free, chocolate or vanilla.



JUICE

64 oz. plastic

Must be 100% juice. Can be calcium-fortified.

Old Orchard - Any 100% Juice

No Healthy Balance, apple cider, pomegranate, or tart cherry.



Market Pantry Apple

Also: Life Everyday, Langers, Essential Everyday, Great Value, Best Choice, Our Family, Food Club, Best Yet, Signature Select, and Freedom's Choice



Mott's Apple

*Also: Apple Cherry and Apple Mango
No Mott's Natural, Medley's, Sensibles, or Mott's for Tots.*



Juicy Juice - Any 100% Juice



Langers Pineapple

Also: Food Club, Our Family, Libby's, Best Yet, Essential Everyday, Great Value, Market Pantry, and Signature Select



Our Family Grape/White Grape

Also: Essential Everyday, Food Club, Great Value, Freedom's Choice, Market Pantry, and Signature Select



Food Club Orange

Also: Langers, Essential Everyday, Great Value, Tropicana, Market Pantry, and Signature Select



Essential Everyday Grapefruit

Also: Signature Select



V8 Vegetable Juice

(including Low Sodium and Spicy Hot)

Also: Food Club, Great Value, Market Pantry, Essential Everyday, Our Family, and Signature Select

No V8 Splash.



Campbell's Tomato

(including Low Sodium)

Also: Great Value, Essential Everyday, Food Club, Market Pantry, Signature Select, and Langers



No 46, 48, 96 or 128 oz. plastic containers. No organic, cocktails, apple cider, fresh pressed apple juice, fruit drinks, lemonade, prune, single servings or refrigerated.

12 oz. frozen concentrate

Must be 100% juice. Can be calcium-fortified.

Orange

Any 100% brand



Great Value Grape

Also: Signature Select



Any 100% Old Orchard Juice

(Green band only)



Essential Everyday Apple

Also: Great Value, Signature Select, Best Yet, and Freedom's Choice



FISH

CHUNK LIGHT TUNA

3 oz., 5 oz., 12 oz. and 4 pk. cans, water or oil packed. Low sodium allowed.



No organic, albacore, yellowfin, flavorings, Starkist Selects or pouches.



PINK SALMON

5 oz., 6 oz. and 14.75 oz. can. Low sodium allowed.



No red sockeye, flavorings, smoked, pouches or organic.

PEANUT BUTTER

16 - 18 oz. jar only, creamy, crunchy or chunky

BRANDS - Jif, Peter Pan, Reese's, Skippy, and any store brand.



No reduced fat, spreads, organic, natural, other nut and seed butters, omega-3 or enhanced. No added chocolate, jelly, honey or marshmallow.



EGGS

**Fresh, one-dozen package only,
Medium, Large, Extra large or
Jumbo**

White, Brown, and Cage-free are allowed.



 *No organic, free range, pasture raised, specialty or pasteurized eggs.*

BEANS, PEAS & LENTILS

**Any variety of plain beans,
peas or lentils. Refried beans
(fat free only)**

Dry (1 or 2 lb. size)

Canned (15 to 16 oz. size)

Low/Reduced Sodium and
No Salt Added are allowed.



 *No baked beans, green beans, sweet peas, chili beans, wax beans, pork and beans, bean mixes/soups or organic. No added sugars, fats, meats or oils.*



FRUITS & VEGETABLES

All fresh and frozen fruits and vegetables

ALLOWED:

Pre-cut, packaged or bagged (no dips/sauce/dressing)

Mixed fruits and vegetables

Salads/mixed greens (no dressing)

Frozen smoothie mixes (fruits/vegetables only)

Fresh herbs, garlic (bulb, diced, peeled) and ginger root

Hash browns without added sugar, fat or oil



No canned, jarred or dried fruits/vegetables/herbs.

No salad bar/deli items.

No fruit baskets or decorative vegetables (gourds, pumpkins) and fruits.

No added sauce, meat, pasta, rice or noodles.

No french fries, hash browns or tater tots with added sugar, fat or oil.

No added sugar/sweetener, seasonings, salt, fat or oil.



USING YOUR CASH VALUE BENEFITS

Your Cash Value Benefits (CVB) for fruits and vegetables are on your eWIC card just like your other foods, but the difference is that it is a dollar value rather than a quantity of items.



The total value of the CVB can be viewed on your Family Food benefit printout, through the WIC shopper app, ebtEDGE portal, getting a balance inquiry printed out at the store or by calling the Customer Service line. You are able to purchase fruits and vegetables up to the maximum dollar amount.

The total value of your CVB is combined for all the participants in your family.

If the total purchase goes over this amount, you may pay the difference in another acceptable tender (cash, SNAP, etc.).



COLD CEREALS - 12 OZ. OR LARGER



**Grape-Nuts +
& Grape-Nuts Flakes +**



Kix
(Regular only)



Bluey



Oatmeal Squares +
(Honey Nut and Brown Sugar)



Corn Flakes

*Also: Our Family, Food Club,
Best Yet, Essential Everyday,
Signature Select, Freedom's
Choice, and Great Value*



Crispix



Mott's
(Apple Cinnamon and Very Berry)



**Total Whole Grain
+**



**Life
(Original only)**



**Mighty Life # +
(Very Vanilla and
Strawberry Blueberry Bliss)**



Rice Krispies

*Also: Our Family, Malt O
Meal, Essential Everyday,
Best Yet, Signature Select
Crispy Rice, Food Club, Great
Value, and Freedom's Choice
Crisp Rice*



Cheerios +

& Multi-Grain Cheerios #

*Also Toasted Oats:
Our Family, Food Club,
Best Yet, Essential Everyday,
Signature Select, Freedom's
Choice, and Great Value*



**Cheerios Veggie Blends
(Apple Strawberry and Blueberry Banana)**



**Cheerios Hearty
Nut Medley +**



Original # + & Little Bites

Mini Wheats # +

*Also Frosted Shredded Wheat:
Great Value, Best Yet, Our Family,
Food Club, Essential Everyday,
and Freedom's Choice*



Frosted Mini Wheats

Bite Size # +

*(Strawberry, Cocoa, and
Blueberry Muffin)*



Raisin Bran +

*Also: Malt O Meal,
Kellogg's, Essential
Everday, Great Value,
and Signature Select*



**Honey Bunches
of Oats**

(Honey Roasted only)



Post Bran Flakes +

*Also: Food Club,
Best Yet, Great Value,
Essential Everyday,
Signature Select,
Freedom's Choice,
Our Family, and
Great Value*



**Frosted Mini
Spoons +**



Corn D, Rice D, Wheat # + D Chex

Also: Our Family/Essential Everyday/Great Value/Food Club Rice or Corn Squares and Signature Select Rice Pockets



Chex

(Strawberry Vanilla, Cinnamon, and Blueberry)



Great Grains

(Red Berry Almond Crunch # + , Raisin Date Pecan + D, Cranberry Almond Crunch + D, Banana Nut Crunch + D, and Crunchy Pecan + D)

HOT CEREALS

Quaker Instant Oatmeal

(Original only, packets only)

Also: Our Family, Food Club, Best Yet, Signature Select, Great Value, and Essential Everyday



Cream of Wheat
(1 min., 2 1/2 min., Instant)



Malt O Meal
(Original or Chocolate)

CEREAL KEY

- 100% IRON

+ - 4 GRAMS OR MORE OF FIBER

- WHOLE GRAIN

Buy any combination of hot or cold cereals 36 oz. or less.

$$\textcircled{18 \text{ oz.}} + \textcircled{18 \text{ oz.}} = 36 \text{ oz.}$$

$$\textcircled{12 \text{ oz.}} + \textcircled{12 \text{ oz.}} + \textcircled{12 \text{ oz.}} = 36 \text{ oz.}$$

$$\textcircled{14.5 \text{ oz.}} + \textcircled{18 \text{ oz.}} = 32.5 \text{ oz.}$$

$$\textcircled{21.5 \text{ oz.}} + \textcircled{14 \text{ oz.}} = 35.5 \text{ oz.}$$

PASTA

100% Whole Wheat/Whole Grain

16 oz. size only

BRANDS

Barilla Rotini, Spaghetti,
Thin Spaghetti, Linguine,
Penne, Elbows

Food Club Spaghetti, Penne

Great Value Spaghetti, Elbows, Penne

Essential Everyday Rotini, Spaghetti, Thin Spaghetti, Elbow, Penne

Ronzoni Rotini, Spaghetti, Thin Spaghetti, Linguine, Penne Regate

Signature Select Penne Regate, Spaghetti, Thin Spaghetti



BROWN RICE

Must be plain, whole grain

Bagged or boxed – Boil in bag
and instant allowed



No Ben's Original, wild rice,
blends, ready rice or
organic rice.



BREAD

Must be 100% whole wheat bread, buns, bagels or English muffins

BREAD BRANDS

Our Family 100% Whole Wheat (16 oz.)

Village Hearth 100% Whole Wheat (16 or 20 oz.)

Village Hearth 100% Whole Wheat Half Loaf (12 oz.)

Great Value 100% Whole Wheat (20 oz.)

Sara Lee 100% Whole Wheat (16 oz. or 20 oz.)

Sara Lee 100% Whole Wheat half loaf (12 oz.)

Food Club 100% Whole Wheat (16 oz.)

Best Choice 100% Whole Wheat (16 oz.)

SunnyBrook 100% Whole Wheat (16 oz.)

Bimbo 100% Whole Wheat (16 oz.)

Market Pantry 100% Whole Wheat (20 oz.)

Brownberry 100% Whole Wheat (24 oz.)

Brownberry 100% Whole Wheat small slice (18 oz.)

Country Hearth 100% Whole Wheat (24 oz.)

Pepperidge Farms 100% Whole Wheat (24 oz.)

Lewis 100% Whole Wheat half loaf (12 oz.)



BUNS BRANDS

Brownberry 100% Whole Wheat Sandwich Thins (12 oz.)

Brownberry 100% Whole Wheat Hot Dog Buns (16 oz.)

Brownberry 100% Whole Wheat (16 oz.)

ENGLISH MUFFINS BRANDS

Country Hearth 100% Whole Wheat (24 oz.)

Thomas 100% Whole Wheat (12 oz.)

BAGELS

Thomas 100% Whole Wheat (20 oz.)

WHOLE WHEAT TORTILLAS

BRANDS

Chi Chi's Whole Wheat (16 oz.)

Essential Everyday Whole Wheat (16 oz.)

La Banderita Whole Wheat (16 oz.)

Mission Whole Wheat (16 oz.)

Frescados Whole Grain (16 oz.)

Great Value Whole Wheat (16 oz.)



SOFT CORN TORTILLAS

Yellow corn or white corn allowed

BRANDS

Mission Corn (10.84 oz., 16 oz., and 25 oz.)

Mission Street Tacos Corn (12.6 oz.)

La Banderita Corn (16 oz. and 24.9 oz.)

Essential Everyday Corn (16 oz.)

Our Family Corn (16 oz. and 24.9 oz.)

Frescados Corn (27.5 oz.)

Great Value Corn (25 oz.)



INFANT CEREAL

8 or 16 oz. container – rice, oatmeal, multigrain



No added fruit, organic, or probiotics.



FORMULA

Brand, size and amount as indicated on the eWIC benefit balance.



No substitutions or exchanges allowed.



BABY FOOD MEATS

Gerber 2.5 oz. jars

Varieties (with gravy): chicken, ham, beef, turkey



Beech Nut 2.5 oz. jars

Varieties (with broth): beef, chicken, turkey



No organic, blends, sticks or dinners.



BABY FOOD FRUITS/VEGETABLES

**Stage 1, Stage 2, 1st Foods,
2nd Foods, Intro Foods;
Single ingredient only**

4 oz. glass jars

Beech Nut, Beech Nut Naturals,
Gerber Natural, Parent's Choice



Fruits: *Apple, pears, bananas, peaches, prunes, pineapple, and mango*

Vegetables: *Squash, sweet potatoes, carrots, green beans, peas, and corn*

2 oz. or 4 oz. plastic (two packs) or tubs

Gerber, Tippy Toes, Good & Gather

Fruits: *Apples, bananas, pears, peaches, mangos, and prunes*

Vegetables: *Squash, sweet potatoes, carrots, green beans, peas, and pumpkin*



No organic, pouches, dinners, combinations (ex., apple blueberry) or 3rd Foods.

800.472.2286 (toll-free), 711 (TTY)

This institution is an equal opportunity provider.