

Breastfeeding – A Gift For Life

Breastfeeding women get WIC services longer, breastfeeding support and additional foods.



BREASTFEEDING WOMEN

CHUNK LIGHT TUNA

5 oz. can, water or oil packed.
Low sodium allowed.

*No organic, albacore, yellowfin, Starkist Selects,
individual serving or pouches.*

PINK SALMON

5 oz. or 14.75 oz. can. Low sodium allowed.

*No red sockeye, smoked, individual serving,
pouches or organic.*



BREASTFEEDING INFANTS

BABY FOOD MEATS

No organic, DHA, dinners or graduates.



Gerber 2.5 oz. jars

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



Beech Nut 2.5 oz. jars

Varieties (with broth): beef, chicken, turkey



Tippy Toes 2.5 oz. jars

Varieties (with gravy): chicken, turkey, beef



701.328.2496 • Toll Free 800.472.2286

This institution is an equal opportunity provider.

NORTH
Dakota | Health & Human Services
Be Legendary.

NORTH DAKOTA WIC Food List



AS OF NOVEMBER 1, 2024



MILK

Gallons or half gallons

Whole, 1%, skim, 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 or sweetened condensed milk.



CHEESE

Shredded or Block; 8 oz. or 16 oz. size; reduced fat allowed

(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

Dannon Non-fat (Plain) Low-fat (Plain, Vanilla) **Dannon Light & Fit** Non-fat (*Strawberry, *Vanilla) **Yoplait (Original)** Low-fat (Vanilla, Strawberry, Blueberry, Harvest Peach, Strawberry Banana) **Cass Clay** Fat-free (Plain, Strawberry, Vanilla) **Essential Everyday** Fat-free (Plain) Low-fat Blended (Blueberry, Strawberry, Vanilla, Plain, Peach, Raspberry) **Great Value** Non-fat (Plain, *Light Vanilla) Low-fat (Strawberry, Vanilla, Peach, Strawberry Banana) **Market Pantry** Non-fat (Plain, *Light Vanilla) Low-fat (Vanilla) **Food Club** Fat-free (Plain) Low-fat Blended (Vanilla, Strawberry) Non-fat (*Vanilla) **Our Family** Light/Non-fat (Plain, *Vanilla) Low-fat (Strawberry, Blueberry, Peach, Vanilla) **Lucerne** Low-fat (Peach, Strawberry, Vanilla) Fat-free (Plain, Vanilla)

*Contains artificial sweeteners



No Greek, soy, or organic yogurt



SOY MILK

Half gallons

Great Value – Original flavor only

Silk – original flavor only



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



WIC ALLOWED JUICE

12 OZ. FROZEN CONCENTRATE (Women Only)



Orange

Any 100% brand



Great Value Grape

Also: Food Club



Any 100% Dole Juice



Any 100% Old Orchard Juice

(Green band only)



Food Club Apple

Also: Essential Everyday, Great Value, Good & Gather, Minute Maid, Signature Select, Best Yet, Freedom's Choice, and Best Choice

64 OZ. PLASTIC (Children Only)



Old Orchard Any 100% Juice

No Healthy Balance
*No Apple Cider, Pomegranate, or Tart Cherry



Market Pantry Apple

Also: 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, and Signature Select



Our Family Grape/White Grape

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

Must be 100% juice. Can be calcium-fortified. No 46, 48, 96 or 128 oz. plastic containers. No 46 oz. cans. No organic, cocktails, apple cider, fresh pressed apple juice, fruit drinks, lemonade, prune, single servings or refrigerated.



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, speciality
or pasteurized eggs.*



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, omega-3 or
enhanced. No added chocolate, jelly, honey or marshmallow.*



FRESH FRUITS & VEGETABLES

All fresh fruits and fresh vegetables

Also allowed: pre-cut or packaged fruits and
vegetables and bagged salads/coleslaw

*No canned, jarred, dried or frozen fruits/vegetables.
No salad bar/deli items, pre-cut or packaged fruits and
vegetables with dips, bagged salads with dressing.
No fruit baskets, party trays, or decorative vegetables
(gourds, pumpkins) and fruits.
No herbs and spices (such as, parsley, basil, cilantro,
rosemary, thyme, etc.).*



USING YOUR CASH VALUE BENEFITS

Your Cash Value Benefits (CVB) for fresh 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.

1. 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
fresh fruits and vegetables up to the maximum dollar
amount. The total value of your CVB is combined for
all the participants in your family.
2. If the total purchase amount goes over this amount,
you may pay the difference in another acceptable
tender (cash, SNAP/Food Stamps, etc.).
3. If you do not use your total amount of CVB by the
end of the month, it does not carry over to the next
month. Any remaining unspent amounts drop off
the card balance at midnight on the last day of the
month.
4. The fresh fruits and vegetables do not need to be
separated from other foods when purchasing in most
stores, but need to be done last in stores that have
a stand beside device (separate unit used to process
eWIC transactions).



SHOPPING CHART

FRESH FRUITS AND VEGETABLES BUYING GUIDE



When buying fresh fruits and vegetables,
use the chart below to help you estimate
the cost of your purchase.



1. Place the item on the grocery scale.
2. Round the weight up to the nearest pound
(lb.) or half pound.
3. Estimate the cost of the item based on the chart.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

Buying and Storage Tips

- Buy fruits and vegetables that are in season or on
sale.
- Buy only what you can store and use before it spoils.
- Don't buy fruits and vegetables that are bruised or
damaged. Handle them carefully, so they don't
bruise.
- If the fruit or vegetable is stored cold at the grocery
store, keep in the refrigerator at home.
- If it is stored at room temperature at the store, keep
on the counter at home.
- Refrigerate pre-cut or peeled fruits and vegetables.
- Wash fruits and vegetables just before eating, cutting
or cooking.



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.*



COLD CEREALS – 12 oz. or larger



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



**Kix ▲
(regular only)**



**Cheerios + ▲
& Multi-Grain Cheerios ▲ #**
Also: Essential Everyday Multi Grain and
Best Choice Multi Grain Happy O's



**Original ▲ # +
& Little Bites Mini
Wheats + ▲ # (original only)**



**Total Whole Grain
▲ +**



**Life (original only)
▲**



Our Family Bran Flakes
Also: Food Club, Best Yet,
Great Value, Essential
Everyday, Ralston,
Signature Select, That's
Smart, or Best Choice



**Oatmeal Squares
+ ▲**



Corn Flakes
Also: Our Family, Food
Club, Best Yet, Essential
Everyday, Signature
Select, Market Pantry,
That's Smart, and Ralston



Honey Bunches of Oats
(Honey Roasted only)
Also: Our Family/Signature
Select Oats and More with
Honey, Essential Everyday
and Best Yet Honey Oats and
Flakes, and Food Club Honey
and Oats



Crispix
Also: Our Family/ Essential
Everyday Crispy Hexagons, and
Food Club Twin Grain Crisp



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



**Frosted Mini
Spooners + ▲**



Our Family Toasted Oats
Also: Food Club, Best Yet,
Market Pantry, Essential
Everyday, Signature Select,
That's Smart, and Ralston
Tasteos



**Essential
Everyday
Nutty Nuggets**
Also: Great Value
Crunchy Nuggets,
Signature Select
Nutty Nuggets



Rice Krispies
Also: Our Family, Malt O Meal,
Essential Everyday, Best Yet,
and Signature Select Crispy
Rice, Food Club, That's Smart,
and Best Choice Crisp Rice,
Great Value Rice Crisps, and
Market Pantry Toasted Rice



Corn, Rice, Wheat + ▲ # Chex
Also: Our Family/Ralston Rice & Corn
Biscuits, Best Choice Wheat Crisps,
Essential Everyday Corn, Wheat or Rice
Squares, Great Value Rice & Corn Squares,
Food Club Rice, Corn & Wheat Squares,
Signature Select Corn & Rice Pockets

HOT CEREALS



**Quaker
Instant Oatmeal
▲**

(original only, packets only)
Also: Our Family, Food
Club, Best Yet, Signature
Select, Great Value,
Essential Everyday, Best
Choice, and Ralston



**Malt O Meal
plain or chocolate**

**Cream of Wheat
(1 min., 2 ½ min.),**

**Cream of Wheat
Instant**



CEREAL KEY

- 100% IRON

+ - 4 GRAMS
OR MORE
OF FIBER

▲ - 51% OR
MORE
WHOLE
GRAIN

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

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

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

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

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

INFANT CEREAL



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

No added fruit or formula, organic,
sensitive or DHA.

BABY FOODS – 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, 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.

FORMULA



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

No substitutions or exchanges allowed.



BREAD

Must be whole-wheat or whole-grain bread/buns

16 oz. for women

32 oz. for children

BREAD BRANDS

Our Family 100% Whole Wheat (16 oz.)

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

Great Value 100% Whole Wheat (20 oz.)

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

BUNS/BREAD BRANDS (For Children Only)

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

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



PASTA

100% Whole-Wheat/Whole-Grain Pasta

16 oz. size only

BRANDS

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

Food Club Spaghetti, Penne

Our Family Rotini, Spaghetti

Good & Gather Rotini, Spaghetti

Great Value Spaghetti, Linguine, Thin Spaghetti, Rotini, Elbows, Penne

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

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

Signature Select Elbows, Linguine, Penne Regate, Rotini, Spaghetti, Thin Spaghetti



BROWN RICE

Must be plain, whole grain
Bagged or boxed – Boil in bag and instant allowed

Up to 16 oz.
for women

Up to 32 oz.
for children



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



WHOLE WHEAT TORTILLAS

16 oz. for women

32 oz. (2-16 oz.) for children

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.)

Don Pancho Whole Wheat (16 oz.)

Frescado's Whole Grain (16 oz.)

Food Club Whole Wheat (16 oz.)

Market Pantry Whole Wheat (16 oz.)

Our Family Whole Wheat (16 oz.)

Signature Select Whole Wheat (16 oz.)

Great Value Whole Wheat (16 oz.)



SOFT CORN TORTILLAS

Yellow corn or white corn allowed

16 oz. for women

32 oz. (2-16 oz.) for children

BRANDS

Mission Corn, Extra Thin (16 oz.)

La Burrita Corn (16 oz.)

La Banderita Corn (16 oz.)

Food Club Corn (16 oz.)

Essential Everyday Corn (16 oz.)

Our Family Corn (16 oz.)

