

TENNESSEE WIC FOOD LIST FOR OCTOBER 1, 2010 – SEPTEMBER 30, 2012

ALWAYS CHECK FOOD INSTRUMENTS (FIs) FOR ALLOWED SIZES AND QUANTITIES AND CASH VALUE VOUCHERS (CVVs) FOR MAXIMUM DOLLAR AMOUNT.

FIs AND CVVs CAN ONLY BE USED IN THEIR VALID MONTH.

THE FOODS FOR FIs AND CVVs MUST BE SEPARATED AND RUNG AS SEPARATE TRANSACTIONS.

MILK

Gallon sizes of any brand in reduced fat, low fat, fat free or sweet acidophilus

Allowed when on FI:

Whole milk

Lactose Reduced or Lactose-Free: Largest available size including quarts or half-gallon

Ultra High Temperature (UHT)

Non fat dry powdered milk

Evaporated milk (including low-fat)

Goat's milk

Buttermilk (including low-fat)

No chocolate milk or non-dairy beverages (except when soy beverage is on FI)

None labeled organic

EGGS

Dozen carton, Grade A Large White eggs

No specialty eggs (including those labeled organic)

No brown eggs

No dried eggs mix

No hard boiled eggs

JUICE

Allowable size(s) will be on FI

46-48 oz can or plastic in these varieties:

Any brand of Orange or Grapefruit

Campbell's Tomato Juice – Regular, Healthy Request, Low Sodium

Dole – Pineapple

Juicy Juice – All flavors

Lucky Leaf – Apple

Seneca – Apple

V8 100% Vegetable Juice – Regular, Calcium Enriched, Essential

Antioxidants, High Fiber, Low Sodium, Spicy Hot

Welch's – Grape, White Grape

11.5/12 oz Frozen in these varieties:

Any brand of Orange or Grapefruit

Apple – Seneca

Dole – Pineapple

Welch's – Grape, White Grape

Welch's White Grape Blends – Cranberry, Peach, Pear, Raspberry

64 oz plastic bottle in these varieties:

Any brand of Orange or Grapefruit

Campbell's Tomato Juice – Regular, Low Sodium

Juicy Juice – All flavors

Langer – Pineapple

Lucky Leaf – Apple

Northland – Cranberry

Old Orchard – Apple

V8 100% Vegetable Juice – Regular, Low Sodium

Welch's – Grape, White Grape

White House – Apple

For All Juices:

Calcium fortified is allowed

No bottled or carton from dairy case

No fruit drinks

No juice cocktails

No sweetened

None labeled organic

MILK SUBSTITUTES

TOFU (allowed when on FI)

The following brands and types in 14-16 oz (including organic):

Nasoya – Firm, Soft, Silken, Lite Firm, Lite Silken and Cubed Super Firm (Extra Firm not eligible) (no "seasoned")

Azumaya – Firm, Extra Firm, Silken, Lite Extra Firm, Lite Silken and Super Firm Cubed (no "seasoned")

SOY BEVERAGE (allowed when on FI)

The following brands and flavors (including organic):

Pacific Natural – Ultra Soy Plain, Ultra Soy Vanilla (non-refrigerated quarts)

8th Continent – Soymilk Original (refrigerated half-gallons)

PEANUT BUTTER

16-18 oz jar in glass or plastic

Smooth or crunchy

Refrigerated or non-refrigerated

Regular or reduced sodium

Added vitamins

No reduced fat

No spreads

No added jelly, honey or store ground

None labeled organic

BREAD AND OTHER GRAIN PRODUCTS

Whole Wheat/Whole Grain Bread, Buns and Rolls in 12-16 oz

Arnold or Orowheat – 100% Whole Wheat: Stone Ground Bread,

Select Sandwich Rolls, Sandwich Thins

Bimbo – 100% Whole Wheat Bread

Bunny – 100% Whole Wheat Bread

Cobblestone Mill – 100% Whole Wheat: Sandwich Buns, Hotdog Buns

Earthgrains – 100% Natural Whole Wheat Thin Buns

Healthy Life – 100% Whole Wheat: Soft Style ½ Loaf Bread, Soft Style

Sandwich Buns, Soft Style Hotdog Buns

Merita – 100% Whole Wheat Small Bread

Nature's Own – 100% Whole Wheat: Hamburger Buns, Hotdog Buns,

Sandwich Rounds

Pepperidge Farm – 100% Whole Wheat: Very Thin Sliced Soft Bread,

Stone Ground Bread, Soft Hamburger Buns

Roman Meal – Sungrain 100% Whole Wheat Bread

Sara Lee – Classic 100% Whole Wheat Bread

Wonder Bread – Soft 100% Whole Wheat Bread

Store Brands 100% Whole Wheat Bread – Best Choice, Bi-Lo, Food Lion, Great Value (Wal-Mart), Kern's (Food City), Schnuck's

Tortillas in 12-16 oz

Chi Chi's – Fajita Style Whole Wheat

Manny's – Fajita Style Whole Wheat

Don Pancho – Soft Taco and Wraps Style Whole Wheat, White Corn

La Banderita – Fajita Whole Wheat, White Corn

La Burreta – Yellow Corn

Tam-i-xico's – 100% Stone Ground Whole Wheat

Tia Rosa – Yellow Corn Taco Size

Wrap-Itz – 100% Stone Ground Whole Wheat

Other Grains (in 12-16 oz packages)

Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley

Instant, quick or regular cooking

None labeled organic

CHEESE

8 or 16 oz package of approved varieties in store brand (unless none carried)

Mozzarella
Cheddar
Colby
Monterey Jack
Process American

Includes:

Block
Sliced (including individually wrapped)
String or Sticks
Blends (of approved varieties)
Low, free, reduced, less or light in sodium, fat or cholesterol
No shredded or cubed cheeses
No imported cheeses
Nor flavored or smoked cheeses
No added ingredients or seasonings
No cheese foods, spreads, products or imitation cheeses
No cheese from deli or cheese shop, unless not sold elsewhere in store
None labeled organic

CEREAL

Minimum 11 oz box or bag
*Designates Whole Grain
Cream of Wheat – 1, 2 ½ or 10 minute box of regular wheat, *2 ½ minute box Whole Grain
Cream of Wheat Instant – 12 oz box of 12 – 1 oz packs
General Mills -- *Cheerios, *Multi-Grain Cheerios, Corn Chex, Rice Chex, *Wheat Chex, *Fiber One Frosted Shredded Wheat, *Kix, *Wheaties, *Whole Grain Total
Kelloggs -- *All-Bran Complete Wheat Flakes, Kellogg's Corn Flakes, Corn Flakes Touch of Honey, Crispix, *Mini Wheats – *Frosted Little Bites, *Frosted Bite Size, *Frosted Big Bites, *Unfrosted Bite Size, Product 19, Rice Krispies, Special K, Special K – Protein Plus
Malt-O-Meal – Crispy Rice, *Frosted Mini Spooners, *Strawberry Cream Mini Spooners, Honey and Oat Blenders, Honey and Oat Blenders with Almonds
Post -- *Banana Nut Crunch, *Grape Nuts, *Grape Nut Flakes, * Bran Flakes, Honey Bunches of Oats – Almonds, Cinnamon Bunches, Honey Roasted, *Vanilla Bunches, *Shredded Wheat – Vanilla Almond
Quaker – *Oatmeal Squares – *Hint of Brown Sugar, *Cinnamon, King Vitamin, *Life, *Instant Oatmeal – Regular in 12 - .98 oz packs, Original Instant Quaker Grits in Regular Box or 12 – 1 oz packs, Real Butter Instant Quaker Grits in 12 – 1 oz packs

All Store Brands:
Corn Flakes
Crisp Rice, Crispy Rice
Toasted Oats, Tasteo's, Rollin Oats

DRIED BEANS/PEAS

16 oz bag of plain dry beans, peas or lentils (cans allowed when on FI)
None with seasoning packets
None labeled organic

CANNED FISH

Chunk light tuna in 5-6 oz cans
Pink or red salmon in 14.75 oz cans
Sardines in 3.75 oz cans (may include tomato or mustard sauce)
Any of the above may be:
Any brand
Oil or water packed
With bones or skin
Regular or low sodium
No albacore tuna
No smoked products
None labeled organic

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INFANT FORMULA

Brand, type and quantity listed on the FI

INFANT CEREAL

Any grain (including whole wheat/whole grain)
8 oz box of Beechnut, Gerber or Nature's Goodness
None with infant formula
None with milk
None with fruit or other non-cereal ingredients
None labeled organic or with DHA/ARA

INFANT VEGETABLES - Stage 2 or 2nd Foods

Single ingredient (e.g., carrots allowed, peas & carrots not allowed)
3.5/4.0 oz jars of Beechnut, Gerber or Nature's Goodness (including twin-packs)
None with added sugars, starches or sodium
None labeled organic or with DHA/ARA

INFANT FRUITS - Stage 2 or 2nd Foods

Single ingredient (e.g., apples allowed, apples & blueberries not allowed)
3.5/4.0 oz jars of Beechnut, Gerber or Nature's Goodness (including twin-packs)
No desserts (e.g., fruit cobbler)
None with added sugars, starches or sodium
None with added cereal
None labeled organic or with DHA/ARA

INFANT MEAT

Single major ingredient of meat or poultry with added broth or gravy
2.5 oz jars of Beechnut, Gerber or Nature's Goodness
No combinations (e.g., meat and vegetables)
No infant dinners (e.g., spaghetti and meatballs)
None with added sugars or sodium
None labeled organic or with DHA/ARA

WIC CASH VALUE VOUCHERS (CVVs)**MULTIPLE CVVs MUST BE TREATED AS SEPARATE TRANSACTIONS.****WHAT IS ALLOWED**

Fresh whole or cut fruit without added sugars
Frozen fruits without added sugars
Fresh whole or cut vegetables without added sugars, fats, or oils
Frozen vegetables without added sugars, fats or oils, in regular or low sodium
Orange yams and sweet potatoes in fresh or frozen
Broccoli, cauliflower and artichokes (no edible blossoms or flowers, e.g. squash blossoms)
Organic fruits and vegetables that meet the other requirements

WHAT IS NOT ALLOWED

Not to be used for juices, dried beans or peas (must be purchased with FIs)
No white potatoes
No dried fruits or vegetables
No ketchups or other condiments, pickled vegetables or olives
No soups
No fruit leathers or fruit roll-ups
No herbs or spices
No vegetable-grain (pasta or rice mixture), breaded vegetables or creamed or sauced vegetables
No fruit/nut mixture, fruit basket, party trays, or fruits or vegetables from salad bar
No peanuts
No ornamental or decorative fruits or vegetables (e.g., chili peppers on a string, garlic on a string or gourds)
No baked goods (e.g., blueberry muffins)