

### Cereal

Buy cereal in at least 11 oz box or bag. Whole Grain offers better nutrition. Consider selecting those products when buying WIC cereals **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**



**Kellogg's -- 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



Remember: Women need cereals high in folic acid. Folic acid helps prevent birth defects. Cereals with added pieces are not recommended for children under 3 yrs.

### 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 of 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 Burrata** – Yellow Corn

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

**Tia Rosa** – Yellow Corn Taco Size

**Wrap-Itz** – 100% Stone Ground Whole Wheat

Whole unprocessed grains in 12-16 oz packages:

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

**Can Buy**

Instant, quick or regular cooking

**Cannot Buy**

Organic

### Cash Value Vouchers (CVVs) for Fruits and Vegetables

#### Can Buy

- 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 or breading, in regular or low sodium
- Orange yams and sweet potatoes in fresh or frozen
- Organic fruits and vegetables that meet the other requirements

#### Cannot Buy

- White potatoes
- Dried fruits or vegetables
- Pickled vegetables or olives
- Herbs or spices
- Fruit/nut mixtures, fruit baskets, party trays, or anything from salad bars
- Baked goods (e.g., blueberry muffins)
- Ornamental or decorative items (e.g., chili peppers on a string or squash blossoms)

### How to buy Up to 36 oz. of Cereal

$$\begin{matrix} \text{12 oz.} \\ \text{12 oz.} \\ \text{12 oz.} \end{matrix} + + = 36 \text{ oz.}$$

$$\begin{matrix} \text{18 oz.} \\ \text{18 oz.} \end{matrix} + = 36 \text{ oz.}$$

$$\begin{matrix} \text{15.5 oz.} \\ \text{16 oz.} \end{matrix} + = 31.5 \text{ oz.}$$

$$\begin{matrix} \text{14.8 oz.} \\ \text{19 oz.} \end{matrix} + = 33.8 \text{ oz.}$$

## Approved Food

Women and Children Ages 1 to 5  
2010 – 2012

TENNESSEE  
WIC

Effective

October 1, 2010 -  
September 30, 2012



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### Milk and Milk Substitutes

#### Milk

##### Can Buy

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

##### Can Buy When on FI

Whole milk (1 yr olds only)

Lactose reduced or lactose free in largest available size including quarts or half gallon

Ultra High Temperature (UHT)

Non fat dry powdered milk

Evaporated milk (Including low-fat)

Buttermilk (whole or low-fat unless FI says low-fat)

##### Cannot Buy

Chocolate milk

Non-dairy (except when soy beverage is on FI)

Organic

**Remember: Reduced fat milk is not recommended for children under 2 years**

#### Tofu

##### Can Buy 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”)

##### Cannot Buy

With added fats, sugars, oils or sodium “Seasoned” varieties

#### Soy Beverage

##### Can Buy 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)

### Cheese

#### Can Buy

8 or 16 oz packages of approved varieties in store brand unless none carried:

Mozzarella

Cheddar

Colby

Monterey Jack

Process American

The above are allowed in:

Block

Slices (includes individually wrapped)

String or Sticks

Blends of approved varieties

Low, free, reduced, less or light in sodium, fat or cholesterol

#### Cannot Buy

Shredded

Cubed

Imported

Flavored or smoked

With added ingredients or seasonings

Imitation cheese

Cheese products, foods or spreads

Organic

**You must buy cheese from the dairy case unless sold only in store's deli or cheese shop**

### Eggs

#### Can Buy

One dozen carton, Large Grade A White

#### Cannot Buy

Brown

Specialty (includes organic)

Dried eggs mix

Hard boiled

### Dried Beans and Peas

#### Can Buy

Plain dry beans, peas or lentils in 16 oz bag

#### Cannot Buy

With added seasoning

Organic

### Juice

#### For Women

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**

**Dole** – Pineapple

**Seneca** - Apple

**Welch's** – Grape, White Grape

**Welch's White Grape Blends** – Cranberry,

Peach, Pear, Raspberry



#### For Children Ages 1 to 5

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:

##### Can Buy

Calcium Fortified

Bottled or carton from dairy case

#### Cannot Buy

Fruit drinks

Juice cocktail

Sweetend

Organic



### Peanut Butter

#### Can Buy

16-18 oz jars in glass or plastic

Smooth or crunchy

Refrigerated or non-refrigerated

Regular or reduced sodium

Added vitamins

#### Cannot Buy

Reduced fat

Peanut butter spreads

Store ground

With added jelly or honey

Organic

**Remember: Peanut Butter not provided nor recommended for children under 3 yrs**

**This institution is an equal opportunity provider.**

### Canned Fish

#### For Women Who Fully Breastfeed

#### Can Buy

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

#### Cannot Buy

Albacore tuna

Smoked of any variety

Organic of any variety

#### Some Ways of Buying Fish



6 cans of 5 oz tuna = 30 oz

3 cans of 5 oz tuna + 1 can of 14.75 oz salmon = 29.75 oz

4 cans of 3.75 oz sardines + 1 can of 14.75 oz salmon = 29.75 oz