

## *Breastfeeding – A Gift That Lasts a Lifetime*



### **BREASTFEEDING WOMEN**

#### **CHUNK LIGHT TUNA**

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

*No organic, albacore, 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

# NORTH DAKOTA

# WIC

# Food List





## MILK

Gallons only; half gallons or quarts if specified on check.

Whole, 1%, skim, calcium fortified, acidophilus, cultured buttermilk, lactose free, non-fat dry milk powder (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.  
No Bessy's Best Milk.



## CHEESE

8 oz. or 16 oz. size, reduced fat allowed  
(1 pound = 16 oz. or two-8 oz. packages)

American, cheddar, colby jack, colby, Swiss, mozzarella, marble jack, Muenster, Monterey jack, string (individually wrapped allowed)



No sliced, cubed or shredded. No cheese foods, cream cheese or spreads. No added ingredients, pepper jack, smoked or organic. No random weight or deli cheese.



## YOGURT

32 oz. containers only

### BRANDS

**Dannon** Low-fat (Vanilla)

**Dannon Light & Fit** Non-fat (Strawberry, Vanilla)

**Dannon All Natural** Low-fat/Non-fat (Plain)

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

**Cass Clay** Fat-Free (Plain, Strawberry, Vanilla)

**Land O' Lakes** Low-fat (Vanilla, Plain, Strawberry, Strawberry Banana, Raspberry)

**Essential Everyday** Non-fat (Plain, Blueberry, Strawberry, Vanilla) Low-Fat (Vanilla)

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

**Market Pantry** Non-fat (Plain, Light Vanilla)

**Food Club** Fat-Free (Plain) Low-Fat (Vanilla, Strawberry)

**Our Family** Non-fat (Plain, Strawberry, Vanilla) Light (Strawberry)

**Lucerne** Low-fat (Peach, Strawberry, Vanilla)



No Greek or Organic Yogurt



## SOY MILK

Half gallons

8th Continent – original flavor only

Silk - original flavor only



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



# WIC ALLOWED JUICE

## 12 OZ. FROZEN CONCENTRATE



Orange  
Any 100% brand



Grapefruit  
Any 100% brand



Any 100%  
Dole Juice



HyTop Apple  
Also: Essential Everyday,  
Our Family, Great Value,  
Food Club, Market Pantry,  
Minute Maid, Shurfine  
and Signature Kitchens



Any 100%  
Old Orchard Juice  
(Green band only)

**\*No Grape/White Grape**

## 64 OZ. PLASTIC



Old Orchard  
Any 100% Juice  
No Premium, Healthy  
Balance varieties, Very  
Cherre or For Kids.

**\*No Grape/White Grape**



Market Pantry Apple  
Also: Langers, Essential  
Everyday, Great Value,  
Our Family, Food Club,  
HyTop, Shurfine and  
Signature Kitchens



Essential Everyday  
Grapefruit  
Also: Our Family and  
Signature Kitchens



Langers Pineapple  
Also: Food Club, Our Family,  
HyTop, Essential Everyday  
and Signature Kitchens



Food Club  
Orange  
Also: Langers,  
Essential Everyday  
and Signature  
Kitchens



V8 Vegetable Juice  
Also: Food Club, Great  
Value, Market Pantry,  
Essential Everyday,  
HyTop, Shurfine, Our  
Family and Signature  
Kitchens

No V8 Splash.  
Low sodium allowed.



Campbell's Tomato  
Also: Great Value,  
Our Family, Essential  
Everyday, Food Club,  
HyTop, Shurfine and  
Market Pantry

Low sodium allowed.

Must be 100% juice and at least 100% Vitamin C. 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, grape/white grape, fruit drinks, lemonade, prune, single servings or refrigerated.



## EGGS

Fresh, one-dozen package only,  
medium or large



No organic, brown, cage-free, speciality or pasteurized eggs.



## PEANUT BUTTER

\*Store brand only\*  
16 - 18 oz. jar only, creamy, crunchy or chunky



No reduced fat, spreads, organic, omega-3 or enhanced.  
No added chocolate, jelly, honey or marshmallow.  
No national brands (such as Jif, Reese's, etc.)



## 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 sodium 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.

## 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 or decorative vegetables (gourds, pumpkins) and fruits.  
No herbs and spices (such as, parsley, basil, cilantro, rosemary, thyme, etc.)*



## USING YOUR CASH VALUE VOUCHER

The Cash Value Voucher (CVV) is cashed like a normal WIC check, but there are some slight differences:

1. The total value of the CVV is indicated on the check – you may purchase fresh fruits and vegetables up to the maximum value.
2. If the total purchase amount goes over the face value of the CVV, you may pay the difference in another acceptable tender (cash, SNAP/ Food Stamps, etc.).
3. If the total purchase amount is less than the face value of the CVV, you will not receive any cash back.
4. Each CVV needs to be processed separately and cannot be combined with the value of another CVV or another WIC check.

## 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 1/2 lbs.	2 lbs.	2 1/2 lbs.	3 lbs.	3 1/2 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 Tips

- Check your grocery store's weekly sales ads.
- Buy fruits and vegetables that are in season.
- Do not buy produce that is bruised or damaged.

Shopping List for a \$8 Fruit and Vegetable Voucher

Items	Price
2 lbs. bananas at 69¢/lb.	\$1.38
1 lb. bag baby carrots	\$1.69
2 lb. apples at \$1.57/lb.	\$3.14
1 bunch romaine lettuce	\$1.69
<b>Total</b>	<b>\$7.90</b>

Shopping List for a \$11 Fruit and Vegetable Voucher

Items	Price
1 lb. container strawberries	\$2.50
2 lb. sweet potatoes at \$1.17/lb.	\$2.34
2 lbs. oranges at \$1.77/lb.	\$3.54
1 lb. broccoli at \$1.47/lb.	\$1.47
2 cucumbers at 50¢ each	\$1.00
<b>Total</b>	<b>\$10.85</b>



# COLD CEREALS – 12 oz. or larger



Grape-Nuts + ▲  
& Grape-Nuts Flakes ▲



Kix ▲ (regular only)



Cheerios ▲ & Multi-Grain Cheerios ▲ #



Original ▲ +, Unfrosted + ▲, and Little Bites Mini Wheats + ▲ (original only)



Life (original only) ▲  
Also: Our Family 4 Corner Crunch, Shurfine OatWise, Essential Everyday Oat Squares



Bran Flakes + ▲  
Also: Our Family, Food Club, HyTop, Great Value, Shurfine, Valu Time, Clear Value and Essential Everyday



Complete All-Bran Wheat Flakes ★ # + ▲



Oatmeal Squares ★ + ▲



Post Alpha Bits ▲



Frosted Mini Spooners ★ + ▲



Our Family Toasted Oats  
Also: Food Club, Great Value, HyTop, Market Pantry, Shurfine, Clear Value, Essential Everyday, Signature Kitchens and Valu Time



Crispix  
Also: Our Family/ Essential Everyday Crispy Hexagons, Food Club Twin Grain Crisp, Shurfine Crunchy Corn & Rice



Great Value Frosted Shredded Wheat  
Also: Our Family, Food Club, HyTop, Market Pantry, Shurfine, Essential Everyday, Clear Value and Signature Kitchens



Corn Flakes  
Also: Our Family, Food Club, Great Value, HyTop, Shurfine, Clear Value, Essential Everyday, Signature Kitchens and Valu Time



Total Whole Grain # ★ ▲  
Also: HyTop Multigrain



Honey Bunches of Oats (Honey Roasted only)  
Also: Our Family/Signature Kitchens Oats and More with Honey, Essential Everyday Honey Oats and Flakes, Food Club Honey and Oats, Market Pantry Honey Oat Mixers, Malt O Meal Oat Blenders with Honey, Great Value Crunchy Honey Oats



Essential Everyday Nutty Nuggets  
Also: Our Family/ Shurfine Nutty Nuggets, Food Club Wheat n Crunchy, Great Value Crunchy Nuggets



HyTop Crisp Rice  
Also: Our Family, Food Club, Malt O Meal Great Value, Shurfine, Essential Everyday, Clear Value, Market Pantry, Signature Kitchens and Valu Time



Food Club Multigrain Medley  
Also: Shurfine, Great Value Toasted Multi-Grain, Essential Everyday Multi Grain, and Our Family Multi-Grain Toasted Oats



Corn, Rice, Wheat ★ + ▲ Chex  
Also: Our Family Corn, Rice or Wheat Biscuits, Essential Everyday Corn or Rice Squares, Great Value Toasted Rice, Corn or Wheat, Shurfine/Food Club Crunchy Rice, Corn & Wheat Squares



## HOT CEREALS



Quaker Instant Oatmeal ▲  
(original only, packets only)  
Also: Our Family, Food Club,  
Great Value, HyTop, Essential  
Everyday, and Shurfine



Malt O Meal  
plain ★ or chocolate ★



Cream of Wheat (1 min., 2 ½ min., 10 min.)  
Whole Grain + ▲ (2 ½ min.)

### CEREAL KEY

- ★ - 100% FOLATE/  
FOLIC ACID
- # - 100% IRON
- + - 4 GRAMS  
OR MORE OF FIBER
- ▲ - 51% OR MORE  
WHOLE GRAIN

Buy any combination  
of cereals 36 oz. or less.

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

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

$$12 \text{ oz.} + 24 \text{ oz.} = 36 \text{ oz.}$$



## INFANT CEREAL



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

No added fruit or formula,  
organic or DHA.



## BABY FOODS – FRUITS & VEGETABLES

**Tippy Toes** – 4 oz. jars, single ingredient only

Stage 2 fruits: pears,  
applesauce

Stage 2 vegetables:  
sweet potatoes, carrots, peas,  
squash, green beans



**Gerber** – 4 oz. plastic (two packs),  
single ingredient only

2nd Foods fruits: apples, bananas,  
pears, peaches, mangos  
2nd Foods vegetables: sweet  
potatoes, squash, carrots, green  
beans, peas, pumpkin



**Beech Nut** – 4 oz. jars,  
single ingredient only,

Classics only (No Naturals)

Stage 2 fruits: applesauce, peaches,  
pears, bananas  
Stage 2 vegetables: squash,  
sweet carrots, sweet potatoes,  
and green beans



No organic, DHA, dinners, desserts and smoothies,  
combinations (ex., apple blueberry), 1st Foods, 3rd Foods or  
Graduate foods.



## FORMULA



Brand, size  
and amount as  
indicated on  
check.

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 Bread (16 oz.)  
**Village Hearth** 100% Whole Wheat Bread (16 oz. or 20 oz.)  
**Great Value** 100% Whole Wheat Bread (16 oz. or 20 oz.)  
**Sara Lee** Soft and Smooth 100% Whole Wheat Bread (20 oz.),  
100% Whole Wheat Bread (16 oz. or 20 oz.)  
**Food Club** 100% Whole Wheat Bread (16 oz.)  
**Bimbo** 100% Whole Wheat (16 oz.)  
**Nature's Harvest** 100% Whole Wheat (20 oz.)

### BUN BRANDS (For Children Only)

**Village Hearth** Slender Rounds Whole Wheat (12 oz.)  
**Brownberry** 100% Whole Wheat Sandwich Thins (12 oz.)



## BROWN RICE

Must be plain, whole grain  
Bagged or boxed – instant allowed  
Up to 16 oz. for women  
Up to 32 oz. for children

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



## PASTA

100% Whole-Wheat/Whole-Grain Pasta  
16 oz. size only

### BRANDS

**Ronzoni Healthy Harvest** Rotini, Spaghetti, Thin Spaghetti,

Linguine, Penne

**Barilla:** Rotini, Spaghetti,  
Thin Spaghetti, Linguine, Penne

**Great Value:** Spaghetti,  
Penne, Thin Spaghetti, Rotini,  
Elbows

**Essential Everyday:** Rotini,  
Spaghetti, Thin Spaghetti,  
Elbows, Penne

**Food Club:** Spaghetti, Penne



## 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.) – No Carb Balance products

**Don Pancho** Whole Wheat (16 oz.)

**Ortega** Whole Wheat (16 oz.)

**Frescado's** Whole Wheat (16 oz.)

**Food Club** Whole Wheat (16 oz.)

**Our Family** Whole Wheat (16 oz.)

**Shurfine** 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 Burrta** Corn (16 oz.)

**Don Pancho** Corn (16 oz.)

**La Banderita** Corn (16 oz.)

**Food Club** Corn (16 oz.)

**Essential Everyday** Corn (16 oz.)

**Shurfine** Corn (16 oz.)

