



APPROVED FOODS BOOKLET 2023



Comm. 698 (4/2023)

Approved products in this booklet are subject to change. For up-to-date information:

- ▶ Download the WIC Shopper App
- ▶ Visit Iowa WIC online at <https://hhs.iowa.gov/wic>



FOR ASSISTANCE CALL

515-281-6650 or
In-state 1-800-532-1579
TDD Deaf Services 1-800-735-2942

IOWA HHS
WIC Iowa
Lucas State Office Building
321 East 12th Street,
Des Moines, IA 50319-0075

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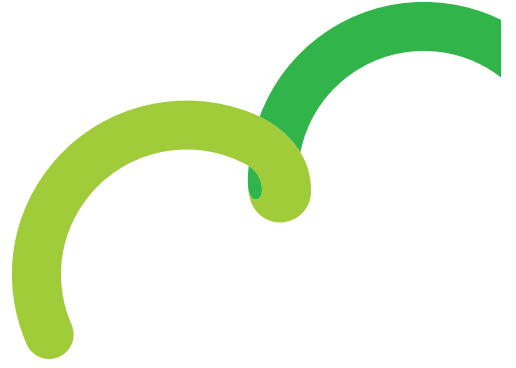
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2. Fax: (833) 256-1665 or (202) 690-7442; or
3. Email: Program.intake@usda.gov

This institution is an equal opportunity provider.

Updated 5/2023





Infant Foods

(Available for breastfed infants not receiving formula from WIC)

INFANT MEATS



Buy

- ▶ Single flavor
- ▶ 2.5 oz containers
- ▶ Beef, Chicken, Ham or Turkey



Approved Brands

- ★ Beechnut Stage 1
- ★ Earth's Best Organic
- ★ Gerber 2nd Foods
- ★ Tippy Toes Stage 2



Do Not Buy

- ▶ Dinners
- ▶ Added ingredients such as pasta, oatmeal, vegetables, etc.
- ▶ Meat sticks

INFANT FORMULA



Buy

- ▶ Specified brand and size. No substitutions in brands or size of container.

Infant Foods

INFANT FRUITS AND VEGETABLES



Buy

- ▶ 4 oz containers (jars or twin packs)
- ▶ Stage 1, 2 or 2+
- ▶ Single or mixed flavors



Approved Brands

- ★ Beechnut Stage 2
- ★ Beechnut Stage 2 Organics
- ★ Gerber 2nd Foods
- ★ Gerber Organic 2nd Foods
- ★ Happy Baby
- ★ Tippy Toes Stage 2
- ★ Tippy Toes Organic Stage 2



Do Not Buy

- ▶ Dinners or desserts
- ▶ Added ingredients such as meats, pasta, oatmeal, etc.
- ▶ Pouches

INFANT CEREAL



Buy

- ▶ 8 and 16 oz packages
- ▶ Barley, Multigrain, Oatmeal, Rice or Whole Wheat



Approved Brands

- ★ Beechnut
- ★ Earth's Best
- ★ Gerber
- ★ Gerber Organic
- ★ Tippy Toes



Do Not Buy

- ▶ Added fruit, formula or yogurt
- ▶ Special claims such as added DHA/ARA
- ▶ Single serving packages

Fruits and Vegetables

FRESH FRUITS AND VEGETABLES



Buy

- ▶ Any variety of fresh, whole or cut fruits or vegetables
- ▶ Bagged salad mixes
- ▶ Bagged fruits or vegetables



Do Not Buy

- ▶ Fruits or vegetables with added ingredients
- ▶ Dressings or dips
- ▶ Herbs or spices
- ▶ Dried, canned or jarred fruits or vegetables
- ▶ Salad bar items

FROZEN FRUITS AND VEGETABLES



Buy

- ▶ Any variety of whole, cut or mixed
- ▶ Frozen beans such as lima beans, edamame or black-eyed peas
- ▶ Fruit packaged in juice or water
- ▶ Vegetables with or without salt



Do Not Buy

- ▶ Vegetables with added rice, pasta or meat
- ▶ Vegetables with added sauce, fats or oils
- ▶ Fruit with added sugar or sweeteners
- ▶ Breaded or battered vegetables

Milk



Buy

- ▶ Type and quantity as listed
- ▶ Any brand, pasteurized
- ▶ Fat free (skim)
- ▶ Lowfat (1%)
- ▶ Whole
- ▶ Chocolate (fat free, 1% or whole)
- ▶ Lactose-free (fat free, lowfat or whole)
- ▶ Evaporated (nonfat or whole)
- ▶ Dry, powdered (nonfat)
- ▶ Acidophilus (fat free, 1% or 2%)



- ▶ Powdered Goat's Milk, Meyenberg brand only (nonfat or whole)
- ▶ Evaporated Goat's Milk, Meyenberg brand only (whole)



Do Not Buy

- ▶ Rice or nut milks
- ▶ Raw
- ▶ Buttermilk
- ▶ Sweetened condensed
- ▶ Milk with special claims

Soy Beverage



Buy

- ▶ Half gallons

Approved Brands

- ★ Silk: Original
- ★ 8th Continent: Original or Vanilla
- ★ Great Value: Original



Cereal

Kashi



Honey Toasted Hearts & O's

Warm Cinnamon Hearts & O's

Malt-O-Meal



Corn Flakes

Crispy Rice

Frosted Mini Spooners

Post



Grape-Nuts Original

Grape-Nuts Flakes

Great Grains Banana Nut Crunch

Great Grains Crunchy Pecan

Honey Bunches of Oats with Almonds



Honey Bunches of Oats with Cinnamon Bunches

Honey Bunches of Oats Honey Roasted

Honey Bunches of Oats Whole Grain Honey Crunch

Honey Bunches of Oats Whole Grain Vanilla Bunches

Honey Bunches of Oats Pecan & Maple Brown Sugar

Quaker



Life

Life Strawberry

Life Vanilla



Oatmeal Squares Brown Sugar

Oatmeal Squares Cinnamon

Oatmeal Squares Golden Maple

Oatmeal Squares Honey Nut

Cereal



Buy

- ▶ 12 oz. packages or larger

Approved National Brands

General Mills



Cheerios MultiGrain Cheerios Vanilla Spice Cheerios Oat Crunch Berry Cheerios Corn Chex Rice Chex Wheat Chex



Blueberry Chex Cinnamon Chex Fiber One Honey Clusters Kix Berry Berry Kix Honey Kix Total Wheaties

Kellogg's



All-Bran Wheat Flakes Corn Flakes Corn Flakes Cinnamon Corn Flakes Honey Crispix Rice Krispies



Special K Special K Banana Special K Touch of Cinnamon Special K Protein Honey Almond Ancient Grains



Frosted Mini Wheats (original or Bite size) Unfrosted Mini Wheats Frosted Mini Wheats Golden Honey Frosted Mini Wheats Mixed Berry Mini Wheats Touch of Fruit



Frosted Mini Wheats Strawberry Frosted Mini Wheats Blueberry Frosted Mini Wheats Cinnamon Roll Frosted Mini Wheats Pumpkin Spice Frosted Mini Wheats Little Bites Chocolate

Cheese



Buy

- ▶ 8 and 16 oz packages
- ▶ Any brand
- ▶ Shredded, block or mozzarella string cheese
- ▶ Cheddar, Colby, Colby Jack, Monterey Jack or Mozzarella
- ▶ Pasteurized
- ▶ 2%, lowfat or fat free



Do Not Buy

- ▶ Processed cheese, cheese spreads or American cheese
- ▶ Imported cheese
- ▶ Sliced, cubed or crumbles
- ▶ Cheese from a service counter
- ▶ Added ingredients, seasonings or flavors
- ▶ Combination flavor string cheese

Tofu



Buy

- ▶ 16 oz packages

Approved Brands

- ★ Azumaya: Silken, Firm, Extra Firm
- ★ House Foods: Medium Firm, Firm or Extra Firm
- ★ Franklin Farms: Soft, Medium, Firm, Extra Firm
- ★ Nature's Soy: Soft, Firm
- ★ Nasoya: Silken, Super Firm



Do Not Buy

- ▶ Tofu with special health claims

Yogurt



Buy

- ▶ 24 or 32 oz containers
- ▶ Pasteurized
- ▶ Nonfat/fat free
- ▶ Lowfat
- ▶ Whole
- ▶ Plain or flavored
- ▶ Regular or Greek

Approved Brands

24 oz. Nonfat

- ★ Land O Lakes: Light Plain
- ★ Sigg's Plain, Vanilla

24 oz. Lowfat

- ★ Anderson Erikson: Plain, Vanilla, Strawberry, Cherry Vanilla
- ★ Country View Dairy: Plain, Strawberry, Vanilla
- ★ Land O Lakes: Peach, Raspberry, Strawberry, Strawberry-Banana, Vanilla
- ★ Sigg's: Plain, Vanilla

24 oz. Whole

- ★ Country View Dairy: Plain
- ★ Sigg's: Plain, Touch of Honey

32 oz. Nonfat

- ★ Best Choice: Plain, Vanilla
- ★ Best Yet: Plain, Vanilla
- ★ Brown Cow: Plain, Vanilla, Cream Top Plain
- ★ Dannon: Plain, Strawberry, Strawberry-Banana
- ★ Everyday Essentials: Plain
- ★ Great Value: Plain, Strawberry
- ★ Hy-Vee: Plain
- ★ Lucerne: Plain
- ★ Market Pantry: Plain
- ★ Mountain High: Plain, Vanilla
- ★ Oikos: Plain with Maple, Plain with Honey, Vanilla Bean, Anything but Plain
- ★ Old Home: Plain, Vanilla
- ★ Our Family: Vanilla, Plain, Strawberry
- ★ Schnucks: Plain
- ★ Shurfine: Plain
- ★ Stoneyfield Organic: Plain, Vanilla

32 oz. Lowfat

- ★ Best Choice: Plain, Strawberry, Vanilla
- ★ Best Yet: Plain, Vanilla
- ★ Coburn Farms: Plain, Vanilla

- ★ Dannon: Plain, Strawberry, Strawberry-Banana, Vanilla
- ★ Everyday Essentials: Strawberry, Blueberry, Vanilla, Plain
- ★ Food Club: Strawberry, Vanilla
- ★ Great Value: Strawberry-Banana, Peach, Strawberry, Vanilla
- ★ HyVee: Peach, Vanilla, Blueberry, Strawberry, Strawberry-Banana
- ★ Lala: Plain, Strawberry, Vanilla, Mango
- ★ Lucerne: Plain, Vanilla, Strawberry
- ★ Market Pantry: Vanilla
- ★ Mountain High: Plain, Vanilla
- ★ Oikos: Pro Plain
- ★ Our Family: Blueberry, Peach, Strawberry, Vanilla
- ★ Prairie Farms: Blueberry, Peach, Strawberry, Vanilla
- ★ Schnucks: Vanilla, Strawberry, Plain
- ★ Stoneyfield Organic: Plain, Vanilla
- ★ Two Good: Plain
- ★ Yoplait: Blueberry, Strawberry, Vanilla, Peach, Strawberry-Banana

32 oz. Whole

- ★ Brown Cow: Plain, Vanilla, Maple
- ★ Dannon: Plain, Strawberry, Vanilla
- ★ Food Club: Vanilla
- ★ Hy-Vee: Plain
- ★ Lucerne: Plain, Vanilla, Strawberry
- ★ Mountain High: Plain, Vanilla, Strawberry
- ★ Oikos: Plain
- ★ Old Home: Plain, Vanilla

24 oz. Nonfat Greek

- ★ Greek Gods: Plain

32 oz. Nonfat Greek

- ★ Best Choice: Plain, Vanilla
- ★ Chobani: Blueberry, Plain, Vanilla, Strawberry
- ★ Chobani Simply: Vanilla

Cereal

CEREAL



Buy

- ▶ 12 oz. packages or larger

Approved Brands



Types

- ★ Best Choice
- ★ Bran Flakes
- ★ Corn Flakes
- ★ Corn Squares/Biscuits
- ★ Crisp(y) Rice
- ★ Crispy Hexagons
- ★ Frosted Shredded Wheat
- ★ Multigrain Toasted Oats/Tasteos/Medley/Spins
- ★ Nutty Nuggets/Crunchy Nuggets/Nuggety Nuggets/Wheat and Crunchy/ Nutty Crunchers
- ★ Oats and More/Honey and Oats
- ★ Oat Squares/Oatmeal Squares
- ★ Oat Wise/Simple Living/4 Corner Crunch/Live Life @ 100%/Crunchy Oat Squares
- ★ Rice Squares/Biscuits
- ★ Toasted Oats/Tasteos/Happy O's/Rollin' Oats
- ★ Wheat Flakes
- ★ Wheat Squares/Biscuits

HOT CEREAL



Approved Brands

- ★ Cream of Wheat (1, 2 ½ or 10 min.)
- ★ Cream of Wheat Whole Grain (1, 2 ½ or 10 min.)
- ★ Cream of Rice
- ★ Malt-O-Meal Original
- ★ Malt-O-Meal Chocolate

Do Not Buy

- ▶ Added fruit
- ▶ Individual servings
- ▶ Yogurt or nuts

Juice

FROZEN 100% JUICE



Buy

- ▶ 11.5-12 oz containers
- ▶ Added calcium or vitamin D is allowed

APPLE JUICE

Approved Brands

- ★ Best Choice
- ★ Food Club
- ★ Full Circle
- ★ Great Value
- ★ HyTop
- ★ HyVee
- ★ IGA
- ★ Market Pantry
- ★ Musselmann's
- ★ Old Orchard
- ★ Seneca
- ★ Shurfine
- ★ Signature Select
- ★ Tree Top



GRAPE JUICE

Approved Brands

- ★ Best Choice
- ★ Food Club
- ★ Great Value
- ★ Market Pantry
- ★ Old Orchard
- ★ Seneca
- ★ Welch's (yellow top only)



ORANGE JUICE

Approved Brands

- ★ Any brand
- ★ Added Pulp or pulp-free is allowed



GRAPEFRUIT JUICE

Approved Brands

- ★ Any brand



PINEAPPLE JUICE

Approved Brands

- ★ Dole
- ★ Langers
- ★ Market Pantry
- ★ Old Orchard



Yogurt



Approved Brands (continued)

- ★ Coburn Farms: Vanilla
- ★ Dannon Light & Fit: Plain
- ★ Fareway: Plain, Vanilla
- ★ Food Club: Plain, Vanilla
- ★ Good & Gather: Plain, Vanilla
- ★ Great Value: Plain, Vanilla
- ★ Hy-Vee: Plain, Vanilla, Strawberry
- ★ Nostimo: Plain, Vanilla, Strawberry
- ★ Oikos: Plain with Maple, Plain with Honey, Anything but Plain, Vanilla Bean
- ★ Old Home: Plain, Vanilla
- ★ Open Nature: Plain, Vanilla
- ★ Our Family: Plain, Vanilla
- ★ Stoneyfield Organic: Plain, Vanilla Bean
- ★ HyVee: Plain, Honey Salted Caramel, Honey Vanilla
- ★ Old Home: Plain, Vanilla
- ★ Our Family: Plain

Yogurt Tubes 8-2 oz. Lowfat

- ★ Chobani Greek: Strawberry
- ★ Chobani Kids: Strawberry Banana
- ★ Coburn's Yo Whoa: Strawberry & Blueberry, Cotton Candy, Melon Berry
- ★ Great Value: Strawberry/Blueberry, MelonBerry & Strawberry
- ★ Go Gurt: Strawberry, Cotton Candy/Melon Berry, Strawberry Riptide/SpongeBob Berry, Super Punch/Hero Berry, Berry/Strawberry, SpongeBob Berry/Strawberry Splash, Sour Patch Kids Red Berry/Blue Raspberry, Jolly Rancher Green Apple Watermelon, Hershey's Cookies N Crème, Orange Cream, Strawberry/Mystery, Strawberry/Lemon/Mixed Berry
- ★ Stoneyfield Organic: Cherry/Berry Variety, Strawberry
- ★ Siggis: Strawberry

24 oz. Lowfat Greek

- ★ Country View Dairy: Plain
- ★ Greek Gods: Plain

32 oz. Lowfat Greek

- ★ Chobani: Plain, Madagascar Vanilla & Cinnamon
- ★ Two Good: Plain

24 oz. Whole Greek

- ★ Greek Gods: Black Cherry, Chocolate Cherry, Chocolate Mocha, Chocolate Strawberry, Honey, Honey Blueberry, Honey Lemon, Honey Orange, Honey Peach, Honey Salted Caramel, Maple, Pumpkin Spice, Strawberry Honey, Vanilla Honey

32 oz. Whole Greek

- ★ Chobani Greek: Plain
- ★ Fage: Plain
- ★ Good & Gather: Plain, Honey Vanilla
- ★ Great Value: Plain
- ★ Greek Gods: Honey, Black Cherry w/Honey, Plain, Strawberry with honey, Vanilla Honey

Yogurt Tubes 16-2 oz. Lowfat

- ★ Go Gurt: SpongeBob Berry/Strawberry Splash, Berry/Cherry, Strawberry Ice Castle/Vanilla Flurries, Red Berry/Blue Raspberry
- ★ Simply Go Gurt: Strawberry/Mixed Berry
- ★ Go Gurt: Orange Cream, Strawberry and Mystery, Strawberry and Lemon, Mixed Berry
- ★ Stoneyfield Organic Kids: Strawberry and Mixed Berry



Do Not Buy

- ▶ Frozen yogurt or drinkable yogurt, single servings or multi-packs
- ▶ Yogurt with added ingredients: granola, nuts, honey, candy
- ▶ Yogurt with artificial sweeteners or more than 40g sugar per cup

Beans, Peas, Lentils and Peanut Butter

BEANS, PEAS AND LENTILS



Buy

- ▶ 16 oz bags, dried
- ▶ 15 or 16 oz cans
- ▶ Any brand



Examples

- | | | |
|-------------------------|------------------|-------------|
| ★ Black | ★ Great Northern | ★ Pinto |
| ★ Black-eyed | ★ Kidney | ★ Red |
| ★ Butter | ★ Lentils | ★ Soy |
| ★ Garbanzo/
Chickpea | ★ Lima | ★ Split Pea |
| | ★ Navy | |



Do Not Buy

- ▶ Added ingredients or seasonings
- ▶ Baked beans, refried beans, chili beans
- ▶ Soup or soup mix beans

PEANUT BUTTER



Buy

- ▶ Any brand 16-18 oz jars
- ▶ Crunchy or chunky
- ▶ Creamy or smooth
- ▶ Lower sodium
- ▶ Reduced sugar



Do Not Buy

- ▶ Added ingredients such as honey, jelly, chocolate, marshmallows, etc.
- ▶ Peanut butter spreads
- ▶ Reduced fat
- ▶ Honey roasted
- ▶ Bulk organic or freshly ground
- ▶ Special claims

Juice



GRAPE JUICE (white, purple or red)

Approved Brands

- | | | |
|----------------------|------------------------|-----------------------------|
| ★ Always Save | ★ HyVee | ★ Shurfine |
| ★ Baymist | ★ IGA | ★ Signature Select |
| ★ Best Choice | ★ Langers | ★ Textsun |
| ★ Best Yet | ★ Market Pantry | ★ Tipton Grove |
| ★ Big Tex | ★ Midwest Country Fare | ★ Welch's |
| ★ Essential Everyday | ★ Mrs. Clark's | |
| ★ Fareway | ★ Ocean Spray | Do Not Buy |
| ★ Food Club | ★ Old Orchard | ▶ Refrigerated grape juices |
| ★ Great Value | ★ Our Family | |
| ★ HyTop | ★ Schnucks | |



ORANGE OR GRAPEFRUIT JUICE

Approved Brands

- ★ Any brand refrigerated or non-refrigerated
- ★ With or without pulp



PINEAPPLE OR PEAR JUICE (32 or 64 oz containers)

Approved Brands

- | | |
|----------------------|--------------------|
| ★ Best Choice | ★ IGA |
| ★ Big Tex | ★ Langers |
| ★ Everyday Essential | ★ Libby's |
| ★ Fareway | ★ Old Orchard |
| ★ Food Club | ★ Our Family |
| ★ Great Value | ★ Schnucks |
| ★ HyTop | ★ Signature Select |
| ★ HyVee | ★ Textsun |



TOMATO OR VEGETABLE JUICE

Approved Brands

- | | | |
|-------------------------------------------------------|-----------------|-------------------------------------|
| ★ Best Choice | ★ Food Club | ★ Signature Select |
| ★ Best Yet | ★ Garden Fest | ★ Textsun |
| ★ Big Tex | ★ Great Value | ★ V-8 Plain |
| ★ Campbell's (Regular, Healthy Request or Low Sodium) | ★ HyTop | |
| | ★ HyVee | |
| ★ Diane's Garden | ★ IGA | Do Not Buy |
| ★ Essential Everyday | ★ Langers | ▶ V8 Fusion or V8 Splash |
| ★ Fareway | ★ Market Pantry | ▶ Flavors like spicy hot or picante |
| | ★ Mrs. Clark's | |
| | ★ Our Family | |
| | ★ Schnucks | |

Juice

BOTTLED 100% JUICE



Buy

- ▶ 64 oz bottles
- ▶ Added calcium or vitamin D is allowed



Do not buy

- ▶ Products that are not 100% juice
- ▶ Cocktails
- ▶ Twisters
- ▶ Ades
- ▶ Coolers
- ▶ Nectars
- ▶ Infant juices
- ▶ Juice beverages
- ▶ Organic



BLENDED FRUIT JUICE

Approved Brands

- | | | |
|--------------------------------|------------------------------------------|------------------------------|
| ★ Apple & Eve Cranberry Blends | ★ HyVee Cranberry and Pomegranate Blends | ★ Northland Cranberry blends |
| ★ Best Choice | ★ Ocean Spray | |
| ★ Best Yet | ★ IGA | ★ Old Orchard |
| ★ Big Tex | ★ Juicy Juice | ★ Our Family |
| ★ Food Club | ★ Just Juice | ★ Schnuck's |
| ★ Great Value | ★ Langers | ★ Shurfine |
| ★ HyVee Cranberry blends | ★ Libby's | ★ Signature Select |
| | ★ Market Pantry | ★ Teksun Welch's |
| | ★ Mott's Apple Blends | ★ Tipton Grove |



APPLE JUICE

Approved Brands

- | | | |
|----------------------|-------------------|-----------------------------|
| ★ Always Save | ★ Harvest Classic | ★ Schnucks |
| ★ Apple & Eve | ★ HyTop | ★ Seneca |
| ★ Baymist | ★ HyVee | ★ Shurfine |
| ★ Best Choice | ★ IGA | ★ Signature Select |
| ★ Best Yet | ★ Juicy Juice | ★ Teksun |
| ★ Big Tex | ★ Langers | ★ Tipton Grove |
| ★ Corner Store | ★ Market Pantry | ★ Tree Top |
| ★ Essential Everyday | ★ Mott's Original | |
| ★ Fareway | ★ Musselmann's | |
| ★ Food Club | ★ Ocean Spray | Do Not Buy |
| ★ Full Circle | ★ Old Orchard | ▶ Refrigerated apple juices |
| ★ Great Value | ★ Our Family | |

Chunk Light Tuna, Pink Salmon, Eggs

(Available only for breastfeeding moms not receiving formula from WIC)

CHUNK LIGHT TUNA OR PINK SALMON



Buy

- ▶ 5 oz or larger cans or pouches
- ▶ Any brand
- ▶ Water or oil packed
- ▶ Regular or low sodium



Do Not Buy

- ▶ White albacore, solid or Yellowfin tuna
- ▶ Chum or Red salmon
- ▶ Added flavors or other ingredients
- ▶ Lunch packs

EGGS



Buy

- ▶ One dozen, Grade A, Large
- ▶ White or brown
- ▶ Any brand



Do Not Buy

- ▶ Organic, vegetarian, from cage free or free-range chickens
- ▶ Reduced cholesterol
- ▶ Added Vitamin E
- ▶ Special claims such as added Omega-3

Whole Grains

WHOLE WHEAT BREAD OR BUNS



Buy

- ▶ 16, 20 or 24 oz package
- ▶ Packages must say "100% whole wheat"
- ▶ Whole wheat listed as first ingredient on the label
- ▶ Loaves of bread or sandwich, hamburger or hot dog buns



Do Not Buy

- ▶ In-store bakery

TORTILLAS



Buy

- ▶ 16 oz packages, soft shell only

Approved Brands (Corn - Yellow or white)

- | | | |
|---------------|----------------|---------------|
| ★ Azteca | ★ Essential | ★ La Burríta |
| ★ Best Choice | ★ Everyday | ★ Mama Lupe's |
| ★ Best Yet | ★ Food Club | ★ Mission |
| ★ Calidad | ★ Frescado | ★ Our Family |
| ★ Carlita | ★ Guerrero | ★ Pepito |
| ★ Celia's | ★ Herdez | ★ Sara Lee |
| ★ Chi-Chi's | ★ HyVee | ★ Shurfresh |
| ★ Don Poncho | ★ IGA | ★ Tia Rosa |
| | ★ La Banderita | |

Approved Brands (Whole Wheat)

- | | | |
|---------------|----------------|--------------|
| ★ Azteca | ★ Great Value | ★ Ortega |
| ★ Best Choice | ★ Hormel | ★ Our Family |
| ★ Buenavita | ★ HyVee | ★ Schnucks |
| ★ Celia's | ★ IGA | ★ Shurfine |
| ★ Chi-Chi's | ★ La Banderita | ★ Signature |
| ★ Food Club | ★ Mama Lupe's | ★ Kitchen |
| ★ Frescado | ★ Mission | |



Do Not Buy

- ▶ Flour tortillas
- ▶ Hard taco shells
- ▶ Fried or baked tortilla chips

Whole Grains

BROWN RICE



Buy

- ▶ Any brand, plain
- ▶ Regular: 16 oz package or box
- ▶ Instant or Boil in Bag: 14-16 oz package or box



Do Not Buy

- ▶ Added ingredients or flavorings
- ▶ Cans or pouches
- ▶ Pre-cooked
- ▶ Wild rice

OATMEAL



Buy

- ▶ 16 oz containers, Quick or Old Fashioned

Approved Brands

- ★ Best Choice
- ★ Mom's Best
- ★ Our Family



Do Not Buy

- ▶ Added ingredients or flavorings

WHOLE WHEAT PASTA



Buy

- ▶ Any brand, any shape
- ▶ 16 oz package



Do Not Buy

- ▶ Pasta made from rice, quinoa, flax, corn or vegetables