

# Iowa WIC Approved Foods List

## Iowa WIC Program Approved Foods List as of **October 1, 2025**

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Cereal	Approved Brands or Varieties						
<p>Brand specific</p> <p>At least 75% of breakfast cereals are whole grain</p> <p>Any combination of approved cereals up to the total ounces specified</p> <p>Minimum package size for national brands and store brands is 12 ounces.</p> <p>No added fruit, yogurt or nuts</p> <p>+ Gluten free</p> <p>* Whole grain cereals</p>	<p>Ready to Eat Cereal: 12 oz or larger</p> <p>National Brands</p> <table border="1" data-bbox="467 468 1411 1810"> <tr> <td data-bbox="467 468 938 1157"> <p><u>General Mills:</u>                      Cheerios: Plain*+, Multi-Grain*+, Multi-Grain Strawberry*+, Vanilla Spice*+, Oat Crunch Berry   Kix: Plain*, Berry Berry*, Honey*   Sesame Street: Berry* and Cinnamon*   Total*   Fiber One Honey Clusters*   Wheaties*   <b>Mott's: Very Berry, Apple Cinnamon</b>  </p> </td> <td data-bbox="946 468 1411 1157"> <p><u>Kelloggs</u>                      All Bran*   Complete Bran*   Corn Flakes: Regular, Cinnamon and Honey   Crispix   Frosted or Unfrosted Mini Wheats: Plain*, Mixed Berry*, Strawberry*, Blueberry*, Touch of Fruit*, Pumpkin Spice*, Golden Honey*, Cinnamon Roll*, Chocolate* and Bite Size*   Lil Bites Chocolate*, Special K-only Original and Banana*   Special K Protein: Honey Almond, Ancient Grains* and Original Touch of Cinnamon*   Rice Krispies   <b>Raisin Bran*</b></p> </td> </tr> <tr> <td data-bbox="467 1163 938 1606"> <p><u>Post</u>                      Grape-Nuts: Original*, Flakes*   Great Grains: Banana Nut Crunch*, Crunchy Pecan*   Honey Bunches of Oats: Almonds, Cinnamon Bunches, Honey Roasted, Pecan &amp; Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*   <b>Raisin Bran*</b>  </p> </td> <td data-bbox="946 1163 1411 1606"> <p><u>Quaker</u>                      Life: Plain/Original*, Strawberry*, Vanilla*   Oatmeal Squares*: Brown Sugar, Cinnamon, Golden Maple, Honey Nut   <b>Mighty Life: Very Vanilla*, Strawberry Blueberry Bliss*</b>  </p> </td> </tr> <tr> <td data-bbox="467 1612 938 1810"> <p><u>Malt-O-Meal:</u>                      Corn Flakes   Crispy Rice   Frosted Mini Spooners: Plain*, Strawberry Cream  </p> </td> <td data-bbox="946 1612 1411 1810"> <p><u>Kashi</u>                      Honey Toasted Hearts &amp; O's   Warm Cinnamon Hearts &amp; O's   <b>Cocoa Clusters*, Blueberry Clusters*</b>  </p> </td> </tr> </table>	<p><u>General Mills:</u>                      Cheerios: Plain*+, Multi-Grain*+, Multi-Grain Strawberry*+, Vanilla Spice*+, Oat Crunch Berry   Kix: Plain*, Berry Berry*, Honey*   Sesame Street: Berry* and Cinnamon*   Total*   Fiber One Honey Clusters*   Wheaties*   <b>Mott's: Very Berry, Apple Cinnamon</b>  </p>	<p><u>Kelloggs</u>                      All Bran*   Complete Bran*   Corn Flakes: Regular, Cinnamon and Honey   Crispix   Frosted or Unfrosted Mini Wheats: Plain*, Mixed Berry*, Strawberry*, Blueberry*, Touch of Fruit*, Pumpkin Spice*, Golden Honey*, Cinnamon Roll*, Chocolate* and Bite Size*   Lil Bites Chocolate*, Special K-only Original and Banana*   Special K Protein: Honey Almond, Ancient Grains* and Original Touch of Cinnamon*   Rice Krispies   <b>Raisin Bran*</b></p>	<p><u>Post</u>                      Grape-Nuts: Original*, Flakes*   Great Grains: Banana Nut Crunch*, Crunchy Pecan*   Honey Bunches of Oats: Almonds, Cinnamon Bunches, Honey Roasted, Pecan &amp; Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*   <b>Raisin Bran*</b>  </p>	<p><u>Quaker</u>                      Life: Plain/Original*, Strawberry*, Vanilla*   Oatmeal Squares*: Brown Sugar, Cinnamon, Golden Maple, Honey Nut   <b>Mighty Life: Very Vanilla*, Strawberry Blueberry Bliss*</b>  </p>	<p><u>Malt-O-Meal:</u>                      Corn Flakes   Crispy Rice   Frosted Mini Spooners: Plain*, Strawberry Cream  </p>	<p><u>Kashi</u>                      Honey Toasted Hearts &amp; O's   Warm Cinnamon Hearts &amp; O's   <b>Cocoa Clusters*, Blueberry Clusters*</b>  </p>
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	<b>These store brands 12 oz. or larger</b>	
	Always Save Best Choice Best Yet Centrella Clear Value Essential Everyday Fareway/Fastco Food Club Great Value HyTop Hy-Vee IGA Kemach Kiggin's Market Pantry Our Family Save-A-Lot Schnucks Shurfine Signature Select That's Smart Yalu Time	Bran Flakes*   Corn Flakes, Corn Biscuits/Corn Squares   Crisp(y) Rice   Crispy Hexagons  Twin Grain Crisp   Frosted Shredded Wheat*   Frosted Bite-Size Shredded Wheat*   Multigrain Toasted Oats*   Multigrain Tasteos*   Multigrain Medley*   Spins*   Nutty Nuggets*   Crunchy Nuggets*   Nuggety Nuggets*/Wheat and Crunchy*   Oats and More   Oats and More with Almonds   Honey and Oats   Oat Wise*   Simply Living*   4 Corner Crunch*   Live it Up!   Live Life@ 100%   Crunchy Oat Squares*   Oatmeal   Squares*/Oat Squares*, Rice   Biscuits/Rice Squares   Toasted Oats*   Tasteos*   Happy O's*/Rollin Oats*  Wheat Flakes*   Wheat Squares*   Wheat Biscuits*
	<p><u>Hot Cereal</u></p> <ul style="list-style-type: none"> <li>• Plain and Whole Grain*</li> <li>• Includes 1 minute, 2 ½ minutes and 10 minutes</li> </ul> <p>Approved brands</p> <ul style="list-style-type: none"> <li>• Cream of Rice+</li> <li>• Malt-O-Meal</li> <li>• Chocolate Malt-O-Meal Original</li> <li>• COCO Wheats</li> </ul>	

Whole Grains	Approved Brands or Varieties
<p>Contain 100% whole wheat - whole wheat must be the first ingredient on the label</p> <p>No added fruit, nuts and seeds</p>	<p>100% Whole Wheat Bread or Buns</p> <p>16, 18, 20, 24 oz</p> <div data-bbox="474 420 1414 1474" style="border: 1px solid black; padding: 5px;"> <p><b><u>16 ounce loaf 100% whole wheat loaf approved brands:</u></b></p> <p>Arnold Light 100% Whole Wheat                      Aunt Millie's 100% Whole Wheat                      Baker's Choice 100% Whole Wheat                      Best Choice 100% Whole Wheat                      Best Yet 100% Whole Wheat Bunny 100% Whole Wheat                      Family Choice 100% Whole Wheat                      Fareway 100% Whole Wheat                      Great Value Whole Wheat                      Healthy Life 100% Whole Wheat                      HyVee 100% Whole Wheat                      IGA 100% Whole Wheat                      Lewis Bake Shop 100% Whole Wheat                      Nature's Own 100% Whole Wheat                      Our Family 100% Whole Wheat                      Ozark Hearth l 00% Whole Wheat                      Pepperidge Farm Stone Ground 100% Whole Wheat                      Pepperidge Farm Very Thin Sliced 100% Whole Wheat                      Roman Meal Sungrain 100% Whole Wheat                      Sara Lee Classic 100% Whole Wheat                      Schnucks 100% Whole Wheat                      Shurfine 100% Whole Wheat                      Shurfresh 100% Whole Wheat                      Signature Select 100% Whole Wheat                      SunnyBrook 100% Whole Wheat                      Village Hearth 100% Whole Wheat</p> </div> <div data-bbox="474 1537 1414 1663" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b><u>18 ounce loaf 100% whole wheat loaf approved brands:</u></b></p> <p>Baker's Choice 100% Whole Wheat                      Brownberry 100% Whole Wheat Small Slice</p> </div> <div data-bbox="474 1726 1414 1831" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b><u>20 ounce loaf 100% whole wheat approved brands:</u></b></p> <p>Best Choice 100% Whole Wheat Sandwich Bread                      Great Value 100% Whole Wheat Bread</p> </div>

	<p>HyVee 100% Whole Wheat                  Market Pantry 100% Whole Wheat Bread                  Nature's Own 100% Whole Wheat                  Nature's Harvest 100% Stone Ground Whole Wheat                  Ozark Hearth 100% Whole Wheat Bread                  Pepperidge Farm 100% Whole Wheat Bread                  Sara Lee Classic 100% Whole Wheat                  Sara Lee Delightful 100% Whole Wheat                  Signature Select 100% Whole Wheat                  That's Smart 100% Whole Wheat Bread                  Village Hearth 100% Whole Wheat</p>
	<p><b><u>24 ounce loaf 100% whole wheat</u></b>                  Arnold Dutch Country 100% Whole Wheat                  Aunt Millie's Best Grains 100% Whole Wheat                  Aunt Millie's Homestyle 100% Whole Wheat                  Best Choice 100% Whole Wheat Sandwich Bread                  Brownberry 100% Whole Wheat                  Brownberry Natural 100% Whole Wheat                  Country Hearth 100% Whole Wheat                  Fareway 100% Whole Wheat Bread                  Fiber One 100% Whole Wheat                  HyVee 100% Whole Wheat Bread                  Nature's Pride 100% Whole Wheat                  New England 100% Whole Wheat                  Oroweat Whole Grain 100% Whole Wheat                  Our Family Country Style 100% Whole Wheat                  Pepperidge Farm Farmhouse 100% Whole Wheat                  Pepperidge Farm 100% Whole Wheat                  Sara Lee Hearty &amp; Delicious 100% Whole Wheat                  Village Hearth NE 100% Whole Wheat                  Wholesome Harvest Stone Ground 100% Whole Wheat</p>
	<p><b><u>16 ounce buns 100% whole wheat approved brands:</u></b>                  Arnold 100% Whole Wheat Sandwich Buns                  Brownberry 100% Whole Wheat Sandwich Buns                  Brownberry 100% Whole Wheat Hot Dog Buns                  Healthy Life 100% Whole Wheat Sandwich Buns</p>

	<p>Healthy Life 100% Whole Wheat Hot Dog Buns                  Natures Harvest 100% Whole Wheat Hamburger Buns                  Natures Harvest 100% Whole Wheat Hot Dog Buns                  Oroweat 100% Whole Wheat Hot Dog Buns                  Oroweat 100% Whole Wheat Sandwich Buns                  Sara Lee 100% Whole Wheat Hamburger Buns                  Sara Lee 100% Whole Wheat Hot Dog Buns                  Wonder 100% Whole Wheat</p>				
<p>Contain at least 50% whole grains</p>	<p><b>Whole Grain Options</b></p> <p>11 oz packages or larger</p> <table border="1" data-bbox="467 724 1411 1163"> <tr> <td data-bbox="467 724 940 995"> <p><b>Whole Wheat English Muffins:</b></p> <p>Thomas' 100% Whole Wheat English Muffins</p> <p>Hy-Vee 100% English Muffins</p> </td> <td data-bbox="943 724 1411 995"> <p><b>Whole Wheat Bagels:</b></p> <p>Thomas' 100% Whole Wheat Bagels</p> <p>Hy-Vee 100% Whole Wheat Bagels</p> </td> </tr> <tr> <td data-bbox="467 999 940 1163"></td> <td data-bbox="943 999 1411 1163"> <p><b>Whole Wheat Sandwich Thins:</b></p> <p>Brownberry 100% Whole Wheat Sandwich Thins</p> </td> </tr> </table>	<p><b>Whole Wheat English Muffins:</b></p> <p>Thomas' 100% Whole Wheat English Muffins</p> <p>Hy-Vee 100% English Muffins</p>	<p><b>Whole Wheat Bagels:</b></p> <p>Thomas' 100% Whole Wheat Bagels</p> <p>Hy-Vee 100% Whole Wheat Bagels</p>		<p><b>Whole Wheat Sandwich Thins:</b></p> <p>Brownberry 100% Whole Wheat Sandwich Thins</p>
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	<p><b>Whole Wheat Sandwich Thins:</b></p> <p>Brownberry 100% Whole Wheat Sandwich Thins</p>				
<p>No added ingredients or flavorings</p>	<p>Brown Rice or <b>wild rice</b></p> <ul style="list-style-type: none"> <li>• 16 ounce any brand of plain regular brown rice or <b>wild rice</b></li> <li>• 14-16 ounce package includes instant and boil-in-bag</li> </ul>				
<p>Brand specific No added ingredients or flavorings</p>	<p>Oatmeal</p> <p>16-<b>18</b> ounces</p> <p>Quick or Old Fashioned</p> <table border="1" data-bbox="467 1547 1411 1730"> <tr> <td data-bbox="467 1547 940 1730"> <p><b>16 oz container:</b></p> <p>Mom's Best Best Choice Our Family</p> </td> <td data-bbox="943 1547 1411 1730"> <p><b>18 oz container:</b></p> <p><b>Quaker Oats</b> <b>Great Value</b> <b>Ralston Oats</b></p> </td> </tr> </table>	<p><b>16 oz container:</b></p> <p>Mom's Best Best Choice Our Family</p>	<p><b>18 oz container:</b></p> <p><b>Quaker Oats</b> <b>Great Value</b> <b>Ralston Oats</b></p>		
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<p>No added sugars, fats, oils or salt</p> <p>No pasta made from rice, quinoa, flax, corn or vegetables</p>	<p>100% Whole Wheat Pasta</p> <ul style="list-style-type: none"> <li>Any Brand 16 oz</li> <li>Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni or shells</li> </ul>																																																		
<p>No added flavorings</p>	<p>Soft Corn and Whole Wheat Tortillas</p> <p>16 oz packages</p> <table border="1" data-bbox="467 632 1411 1682"> <thead> <tr> <th data-bbox="474 640 938 709"><u>Corn Tortillas (Yellow or White):</u></th> <th data-bbox="945 640 1404 709"><u>Whole Wheat Tortillas:</u></th> </tr> </thead> <tbody> <tr><td data-bbox="474 718 938 751">Azteca</td><td data-bbox="945 676 1404 709">Azteca</td></tr> <tr><td data-bbox="474 760 938 793">Best Choice</td><td data-bbox="945 718 1404 751">Best Choice</td></tr> <tr><td data-bbox="474 802 938 835">Best Yet</td><td data-bbox="945 760 1404 793">Buonavita</td></tr> <tr><td data-bbox="474 844 938 877">Calidad</td><td data-bbox="945 802 1404 835">Celia's</td></tr> <tr><td data-bbox="474 886 938 919">Carlita</td><td data-bbox="945 844 1404 877">Chi-Chi's</td></tr> <tr><td data-bbox="474 928 938 961">Celia's</td><td data-bbox="945 886 1404 919">Fareway</td></tr> <tr><td data-bbox="474 970 938 1003">Chi-Chi's</td><td data-bbox="945 928 1404 961">Food Club</td></tr> <tr><td data-bbox="474 1012 938 1045">Don Poncho</td><td data-bbox="945 970 1404 1003">Frescado</td></tr> <tr><td data-bbox="474 1054 938 1087">Essential Everyday</td><td data-bbox="945 1012 1404 1045">Great Value</td></tr> <tr><td data-bbox="474 1096 938 1129">Food Club</td><td data-bbox="945 1054 1404 1087">Hormel</td></tr> <tr><td data-bbox="474 1138 938 1171">Frescado</td><td data-bbox="945 1096 1404 1129">HyVee</td></tr> <tr><td data-bbox="474 1180 938 1213">Guerrero</td><td data-bbox="945 1138 1404 1171">IGA</td></tr> <tr><td data-bbox="474 1222 938 1255">Herdez</td><td data-bbox="945 1180 1404 1213">La Banderita</td></tr> <tr><td data-bbox="474 1264 938 1297">HyVee</td><td data-bbox="945 1222 1404 1255">Mama Laupe's</td></tr> <tr><td data-bbox="474 1306 938 1339">IGA</td><td data-bbox="945 1264 1404 1297">Mission</td></tr> <tr><td data-bbox="474 1348 938 1381">La Banderita</td><td data-bbox="945 1306 1404 1339">Ortega</td></tr> <tr><td data-bbox="474 1390 938 1423">La Burrita</td><td data-bbox="945 1348 1404 1381">Our Family</td></tr> <tr><td data-bbox="474 1432 938 1465">Mama Lupe's</td><td data-bbox="945 1390 1404 1423">Schnucks</td></tr> <tr><td data-bbox="474 1474 938 1507">Mission</td><td data-bbox="945 1432 1404 1465">Shurfine</td></tr> <tr><td data-bbox="474 1516 938 1549">Our Family</td><td data-bbox="945 1474 1404 1507">Signature Select</td></tr> <tr><td data-bbox="474 1558 938 1591">Pepito</td><td></td></tr> <tr><td data-bbox="474 1600 938 1633">Sara Lee</td><td></td></tr> <tr><td data-bbox="474 1642 938 1675">Shurfresh</td><td></td></tr> <tr><td data-bbox="474 1684 938 1717">Tia Rosa</td><td></td></tr> </tbody> </table>	<u>Corn Tortillas (Yellow or White):</u>	<u>Whole Wheat Tortillas:</u>	Azteca	Azteca	Best Choice	Best Choice	Best Yet	Buonavita	Calidad	Celia's	Carlita	Chi-Chi's	Celia's	Fareway	Chi-Chi's	Food Club	Don Poncho	Frescado	Essential Everyday	Great Value	Food Club	Hormel	Frescado	HyVee	Guerrero	IGA	Herdez	La Banderita	HyVee	Mama Laupe's	IGA	Mission	La Banderita	Ortega	La Burrita	Our Family	Mama Lupe's	Schnucks	Mission	Shurfine	Our Family	Signature Select	Pepito		Sara Lee		Shurfresh		Tia Rosa	
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Beans/Peanut Butter/Nut Butter	Approved Brands or Varieties
<p>No baked beans, refried bean or chili beans</p> <p>No soup or soup mix</p> <p>No added vegetables, fruits, meat, sugars, fats, or oils</p>	<p><u>Canned Beans</u></p> <ul style="list-style-type: none"> <li>• Any Brand 15 -16 ounces</li> <li>• Regular, low-salt or no-salt</li> <li>• Includes: black, black-eyed peas, butter, cannellini, garbanzo (chickpeas), great northern, kidney, lima, navy, pinto, red, split peas</li> </ul>
<p>No mixed beans or soup mix</p> <p>No added vegetables, fruits, meat, sugars, fats, or oils</p>	<p><u>Dried Beans and peas</u></p> <ul style="list-style-type: none"> <li>• Any brand in 16 ounce packages</li> <li>• Includes: black, black-eyed peas (cow peas or cow beans), kidney, garbanzo (chickpeas), great northern, lentil, limas (butter beans), navy, pinto, red, soybeans, split peas</li> </ul>
<p>No peanut butter spreads or reduced fat</p> <p>No bulk or freshly ground peanut butter</p> <p>No refrigerated peanut butter</p> <p>No added marshmallows, honey, almonds, jelly, chocolate or similar ingredients</p>	<p><u>Peanut Butter</u></p> <ul style="list-style-type: none"> <li>• Any brand in containers of 16-18 ounces</li> <li>• Includes: chunky, crunchy, creamy, smooth, low sodium and reduced sugar</li> <li>• Must contain more than 90% peanuts and no more than 55% fat</li> </ul> <p><u>Nut/Seed Butter</u></p> <ul style="list-style-type: none"> <li>• Any brand container of 12-18 ounces</li> <li>• Must contain 5 or more grams of protein</li> </ul>



Fish	Approved Brands or Varieties	
<p><b>Added sauces and flavorings are allowed</b></p> <p>May be packed in oil or water and include bones or skin</p> <p>May be regular or lower in sodium content</p>	Minimum container size of <b>2.5 ounces</b> ; includes cans and foil pouches	
	<p><u>Tuna</u></p> <ul style="list-style-type: none"> <li>Any brand of chunk light tuna</li> <li>No White albacore, solid or Yellowfin tuna</li> </ul>	<p><u>Salmon</u></p> <ul style="list-style-type: none"> <li>Any brand of Pacific salmon</li> <li>No chum or red salmon</li> </ul>
	<p><u>Mackerel</u></p> <ul style="list-style-type: none"> <li>Any brand of chub mackerel (N. Atlantic Scomber scombrus, Chub Pacific Scomber japonicas)</li> </ul>	<p><u>Sardines</u></p> <ul style="list-style-type: none"> <li>Any brand of sardines</li> </ul>

Juice	Approved Brands or Varieties	
<p><b>Brand specific</b></p> <p>Only 100% unsweetened fruit juice</p> <p>Only 100% vegetable juice</p> <p>No drinks, ades, nectars, juice beverages, infant juices, cocktails, twisters or coolers</p> <p>May include added calcium or vitamin D</p>	<b>64 oz Container- Shelf stable</b>	
	<p><u>Apple Juice</u></p> <p>Always Save, Apple &amp; Eve, Baymist, Best Choice, Best Yet, Big Tex, Corner Store, Essential Everyday, Fareway, Food Club, Full Circle, Great Value, Harvest Classic, HyTop, HyVee, IGA, Juicy Juice, Langers, Market Pantry, Mott's Original, Mrs. Clark's, Musselmann's, Ocean Spray, Old Orchard, Our Family, Schnucks, Seneca, Shurfine, Signature Select, Texsun, Tipton Grove, Tree Top</p>	<p><u>Blended fruit juice (all flavors of these brands)</u></p> <p>Apple &amp; Eve Cranberry Blends, Best Choice, Best Yet, Big Tex, Great Value, Food Club ,HyVee Cranberry and Pomegranate Blends, HyVee Just Juice, IGA, Juicy Juice, Langers, Libby's, Market Pantry, Mott's, Apple Clark's blends, Northland Cranberry Blends, Ocean Spray ,Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Texsun, Tipton Grove, Welch's</p>
	<u>Grape Juice</u>	<u>Pineapple or Pear Juice</u>

	<p>White, Purple or Red Always Save, Baymist, Best Choice, Best Yet ,Big Tex, Essential Everyday, Fareway, Food Club, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Midwest Country Fare, Mrs. Clark's, Ocean Spray, Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Texusun, Tipton Grove, Welch's</p>	<p>Best Choice, Big Tex, Everyday Essential, Fareway, Food Club, Great Value, HyTop, HyVee, IGA, Langers,Libby's, Old Orchard, Our Family, Schnucks, Signature Select, Texusun</p>
	<p><u>Orange Juice</u></p> <p>All brands of 100% orange juice, with or without pulp</p>	<p><u>Grapefruit juice</u></p> <p>White, Pink or Ruby Red All brands of 100% grapefruit juice</p>
	<p><u>Tomato juice or Blended Vegetable juice:</u></p> <p>Best Choice, Best Yet ,Big Tex, Campbell's (Regular, Healthy Request and Low Sodium), Diane's Garden, Essential Everyday, Fareway, Food Club, Garden Fest, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Mrs. Clark's, Our Family, Schnucks, Signature Select, Texusun, V-8 Plain</p>	
	<p><b>64 ounce Container - Refrigerated</b></p> <p>Orange Juice- All brands of 100% orange juice</p>	
	<p><b>11.5-12 oz Frozen (single flavors only)</b></p>	
<p><u>Apple Juice</u></p> <p>Best Choice, Food Club, Great Value, HyTop, HyVee, IGA, Market Pantry, Old Orchard, Our Family, Seneca, Shurfine, Signature Select, Tree Top</p>	<p><u>Pineapple Juice</u></p> <p>Dole, Langers, Market Pantry, Old Richard</p>	
<p><u>Grape Juice</u></p>	<p><u>Grapefruit Juice</u></p>	

	White or Purple Best Choice, Food Club, Great Value, Market Pantry, Old Orchard, Seneca, Welch's (with yellow end cap only)	White, Pink or Ruby Red All brands of 100% grapefruit juice
	<u>Orange Juice</u> All brands of 100% orange juice Includes added calcium, with pulp, and pulp- free	
	<b>32 ounce Bottles - Shelf Stable</b>	
	Tomato Juice or Blended Vegetable Juice: See 64 oz. for brands	
	<b>8-6.75 oz Boxes- Shelf Stable</b>	
<u>Apple Juice</u> Juicy Juice Apple & Eve	<u>Blended fruit juice (all flavors of these brands)</u> Juicy Juice Apple & Eve	
<u>Grape Juice</u> Juicy Juice		

<b>Cash Value Voucher for Fruits &amp; Vegetables</b>	Approved Brands or Varieties
If purchase exceeds the specified value, participants may pay the difference	Dollar value is specified  <u>Fruits</u> Allowed <ul style="list-style-type: none"> <li>Fresh fruit, frozen in juice or water</li> </ul> Not allowed <ul style="list-style-type: none"> <li>No dried fruit, items from salad or fruit bars, party trays with dips, fruit baskets, fruit and nut mixtures.</li> </ul>

<p>No added syrups, sugars or sweeteners, fats, oils, salt, sauces or additional ingredients.</p>	<p><u>Vegetables</u></p> <p>Allowed</p> <ul style="list-style-type: none"> <li>Fresh including potatoes, bagged salads, and fresh herbs, cut at the root or with the root intact</li> </ul> <p>Not allowed</p> <ul style="list-style-type: none"> <li>Dried vegetables, spices and dried herbs, items from salad bars, party trays, nuts including peanuts; Frozen French fries, tator tots, potato rounds, diced potatoes, shredded hash browns, or hash brown patties, vegetable grain (pasta, or rice) mixture</li> </ul>
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<p><b>Milk</b></p>	<p>Approved Brands or Varieties</p>			
<p>Cow's milk -any brand pasteurized with added vitamins</p> <p>No rice or nut milks or milk with special health claims</p> <p>No flavored milk</p>	<p>Size and fat content specified</p> <table border="1" data-bbox="467 831 1411 1306"> <tr> <td data-bbox="467 831 938 1306"> <p><u>Cow's Milk</u></p> <ul style="list-style-type: none"> <li>1% lowfat or Fat Free Skim Milk</li> <li>Whole or Fat Free Evaporated Milk</li> <li>Nonfat Dry Milk (powdered)</li> </ul> </td> <td data-bbox="938 831 1411 1306"> <p><u>Milk Alternative</u></p> <ul style="list-style-type: none"> <li>Lactose-Free Milk (Whole, 1%, and Fat Free (e.g., Dairy Ease or Lactaid))</li> <li>Sweet Acidophilus Milk- Fat free, 1% or 2%</li> <li>Powdered, Fluid, and Evaporated Goat Milk - Meyenberg Brand Only</li> <li>Lowfat Buttermilk</li> <li>Kefir (plain)</li> </ul> </td> </tr> </table>		<p><u>Cow's Milk</u></p> <ul style="list-style-type: none"> <li>1% lowfat or Fat Free Skim Milk</li> <li>Whole or Fat Free Evaporated Milk</li> <li>Nonfat Dry Milk (powdered)</li> </ul>	<p><u>Milk Alternative</u></p> <ul style="list-style-type: none"> <li>Lactose-Free Milk (Whole, 1%, and Fat Free (e.g., Dairy Ease or Lactaid))</li> <li>Sweet Acidophilus Milk- Fat free, 1% or 2%</li> <li>Powdered, Fluid, and Evaporated Goat Milk - Meyenberg Brand Only</li> <li>Lowfat Buttermilk</li> <li>Kefir (plain)</li> </ul>
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<p><b>Eggs</b></p>	<p>Approved Brands or Varieties</p>	
<p>No special health claims</p>	<ul style="list-style-type: none"> <li>Any brand in one dozen and 18-count containers</li> <li>USDA Grade A, large, white or brown</li> </ul>	

<p><b>Cheese</b></p>	<p>Approved Brands or Varieties</p>	
<p>No crumbles or cubed</p>	<ul style="list-style-type: none"> <li>Any brand in 8 ounce or 16 ounce packages</li> <li>Block, shredded, sliced, or Mozzarella string cheese</li> <li>Natural and domestic cheeses including Cheddar, Colby, Colby-Jack, Monterey Jack, and Mozzarella</li> <li>Includes varieties such as medium, sharp, extra sharp</li> </ul>	

<p>No added ingredients or flavoring</p> <p>No processed cheese, cheese spreads or American cheese</p> <p>No cheese purchased from a service counter</p>	<ul style="list-style-type: none"> <li>• 2%, low-fat, and fat free natural cheeses are also allowed</li> </ul>
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<b>Tofu</b>	Approved Brands or Varieties
<p>Brand specific</p> <p>No special health claims</p>	<p>8-16 ounce packages</p> <p>Approved brands</p> <ul style="list-style-type: none"> <li>• Azumaya - Silken, Firm, Extra Firm</li> <li>• House Foods (Premium) - Medium Firm, Firm, Extra Firm</li> <li>• Franklin Farms: Soft, Medium, Firm, Extra Firm</li> <li>• Nature's Soy: Soft, Firm</li> <li>• Nasoya: Silkin, Firm, Super Firm, Extra Firm</li> <li>• Good &amp; Gather: Extra Firm, Super Firm</li> </ul>

<b>Soy Beverage</b>	Approved Brands or Varieties
<p>Brand specific</p>	<p>64-ounce containers</p> <p>Approved brands</p> <ul style="list-style-type: none"> <li>• 8th Continent: Original, Vanilla</li> <li>• Soymilk Silk Soy Beverage: Original, Vanilla</li> <li>• Great Value Original</li> </ul>

<b>Yogurt</b>	Approved Brands or Varieties
<p>Brand specific</p> <p>No frozen yogurt, or drinkable yogurt</p>	<ul style="list-style-type: none"> <li>• Nonfat, lowfat</li> <li>• Whole</li> <li>• Plain or flavored</li> <li>• Regular or Greek</li> </ul>

<p>No added ingredients such as granola, nuts, honey, candy pieces, etc.</p> <p>No "light" yogurts with artificial sweeteners or stevia</p>	<b>32 ounce approved brands:</b>	
	<p><u>32 oz Whole</u></p> <p>Brown Cow: Maple, Plain, Vanilla</p> <p>Dannon: Plain, Strawberry, Vanilla</p> <p>Food Club: Vanilla</p> <p>HyVee: Plain, Vanilla</p> <p>La Yogurt: Plain</p> <p>Lucerne: Plain, Vanilla, Strawberry</p> <p>Mountain High: Plain, Vanilla, Strawberry</p> <p>Oikos: Plain</p> <p>Old Home: Plain, Vanilla</p> <p>Our Family: Plain</p> <p>Stoneyfield Organic: Plain, Vanilla, Strawberry</p>	<p><u>32 oz Whole Greek</u></p> <p>Best Choice: Plain</p> <p>Chobani Greek: Plain</p> <p>Cabot: Plain</p> <p>Fage: Plain</p> <p>Fareway: Plain</p> <p>Food Club Greek: Vanilla</p> <p>Great Value: Plain</p> <p>Good &amp; Gather: Plain, Honey Vanilla</p> <p>HyVee: Honey Salted Caramel, Plain, Honey Vanilla</p> <p>Greek Gods: Black Cherry Honey, Plain, Strawberry Honey, Vanilla Honey</p> <p>Old Home: Plain, Vanilla</p> <p>Our Family: Plain</p>
	<p><u>32 oz. Lowfat</u></p>	
<p>Best Choice: Vanilla, Plain, Strawberry, Peach, Strawberry Banana</p> <p>Best Yet: Plain, Vanilla</p> <p>Coburn Farms: Plain, Vanilla</p>	<p>La Yogurt: Plain, Banana, Mango, Vanilla</p> <p>Land O Lakes: Mango, Peach, Strawberry/Banana, , Strawberry</p>	

	Brown Cow: Honey, Strawberry Bliss	Lucerne: Vanilla, Strawberry,
		Plain Market Pantry: Vanilla
	Chobani: Madagascar Vanilla/Cinnamon	Mountain High: Plain, Vanilla
		Oikos: Pro Plain
	Darigold: Plain, Raspberry, Strawberry, Vanilla	Our Family: Blueberry, Peach, Strawberry, Vanilla
	Dannon: Plain, Strawberry, Strawberry-Banana, Vanilla, Coffee	Prairie Farms: Blueberry, Peach, Strawberry, Vanilla
	Everyday Essentials: Strawberry, Blueberry, Vanilla, Plain	Schnucks: Vanilla, Strawberry, Plain Two Good: Plain
	Food Club: Strawberry, Vanilla, Peach, Plain	Yoplait: Blueberry, Strawberry, Vanilla, Peach, Strawberry-Banana
	Great Value: Strawberry Banana, Peach, Strawberry, Vanilla, Plain	Stoneyfield: Organic: Plain, Vanilla
	HyVee: Blueberry, Peach, Vanilla, Strawberry, Strawberry-Banana, Plain	TillaMook: Vanilla Bean, Plain
	Lala: Plain, Strawberry, Vanilla, Mango	
	<u>32 oz. Lowfat Greek</u>	
	Chobani: Plain, Madagascar Vanilla & Cinnamon	
	Two Good: Plain	
Old Home: Plain, Vanilla		

	<u>32 oz. Nonfat</u>	<u>32 oz. Nonfat Greek</u>
	Best Choice: Plain, Vanilla	Best Choice: Plain, Vanilla
	Best Yet: Plain, Vanilla	Chobani: Blueberry, Plain, Vanilla, Strawberry
	Brown Cow: Plain, Vanilla, Cream Top Plain	Chobani Simply: Vanilla, Peach
	Dannon: Plain, Strawberry, Strawberry-Banana, Blueberry, Vanilla	Coburn Farms: Vanilla
	Everyday Essentials: Plain, Blueberry, Strawberry, Vanilla	Dannon Light & Fit: Plain
	Fage Total: Plain	Fareway: Plain, Vanilla
	Food Club: Plain, Vanilla	Food Club: Plain, Vanilla
	Great Value: Plain, Strawberry, Strawberry Banana	Good & Gather: Plain, Vanilla, Strawberry
	HyVee: Plain	Great Value: Plain, Vanilla, Strawberry
	Kemps: Plain, Strawberry, Vanilla	HyVee: Plain, Vanilla, Strawberry
	La Yogurt: Plain Vanilla	Lucerne: Vanilla, Plain
	Lucerne: Plain, Vanilla, Strawberry	Nostimo: Plain, Vanilla, Strawberry
	Pantry: Plain	Oikos: Anything but Plain, Vanilla Bean, Plain w Maple, Plain w Honey
	Mountain High: Plain, Vanilla	Old Home: Plain, Vanilla
		Open Nature: Plain, Vanilla



	<p>Oikos: Plain w/ Maple, Plain w/Honey, Vanilla Bean, Anything but Plain</p> <p>Old Home: Plain, Vanilla</p> <p>Our Family: Vanilla, Plain, Strawberry</p> <p>Schnucks: Plain</p> <p>Shurfine: Plain, Vanilla, Strawberry</p> <p>Stoneyfield: Organic: Plain, Vanilla</p>	<p>Our Family: Plain, Vanilla</p> <p>Stoneyfield: Organic Greek: Plain, Vanilla Bean</p> <p>Simply Balanced: Plain, Vanilla</p> <p>Yoplait: Plain</p>			
	<p><b>24 ounce approved brands:</b></p> <table border="1"> <thead> <tr> <th><u>24 oz. Whole</u></th> <th><u>24 oz. Whole Greek</u></th> </tr> </thead> <tbody> <tr> <td> <p>Country View Dairy: Plain</p> <p>Siggi's: Plain, Touch of Honey</p> </td> <td> <p>Greek Gods: Black Cherry, Chocolate Cherry, Chocolate Mocha, Chocolate Strawberry, Honey, Honey Blueberry, Honey Lemon, Honey Orange, Honey Peach, Honey Salted Caramel, Maple, Strawberry Honey, Vanilla Honey, Pumpkin Spice, Honey</p> <p>Country View: Plain</p> </td> </tr> </tbody> </table>		<u>24 oz. Whole</u>	<u>24 oz. Whole Greek</u>	<p>Country View Dairy: Plain</p> <p>Siggi's: Plain, Touch of Honey</p>
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	<p><u>24 oz. Lowfat</u></p> <p>Anderson Erikson: Plain, Vanilla, Strawberry, Cherry Vanilla</p> <p>Country View Dairy: Plain, Vanilla, Strawberry</p> <p>Kemps: Black Cherry, Blueberry, Raspberry, Strawberry, Vanilla</p> <p>Land O Lakes: Peach, Raspberry, Strawberry, Strawberry-Banana, Vanilla</p> <p>Siggi's: Plain, Vanilla</p>	<p><u>24 oz. Lowfat Greek</u></p> <p>Country View Dairy: Plain</p> <p>Greek Gods: Plain Country</p> <p>View Dairy: Plain</p>	
	<p><u>24 oz. Nonfat</u></p> <p>Anderson Erikson: Vanilla, Strawberry, Cherry Vanilla</p> <p>Land O Lakes: Light Plain</p> <p>TC Farmstyle: Plain &amp; Simple</p> <p>Siggi's: Plain, Vanilla</p>	<p><u>24 oz. Nonfat Greek</u></p> <p>Greek Gods: Plain</p>	
	<p><b>Yogurt Tubes Approved Brands</b></p> <table border="1"> <tr> <td> <p><u>8-2 oz (16oz) Whole</u></p> <p>Brainiac: Strawberry, Strawberry Banana, Mixed Berry, Cherry Vanilla</p> </td> <td> <p><u>8-2 oz (16oz) Lowfat</u></p> <p>Best Choice: Blueberry/Strawberry, Strawberry Banana/Melonberry</p> <p>Chobani Greek: Strawberry</p> </td> </tr> </table>		<p><u>8-2 oz (16oz) Whole</u></p> <p>Brainiac: Strawberry, Strawberry Banana, Mixed Berry, Cherry Vanilla</p>
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	<p><u>16-2 oz (32oz) Lowfat</u></p> <p>Go Gurt: Orange Cream, SpongeBob Berry/Strawberry Splash, Berry/Cherry, Strawberry Ice CastleNanilla Flurries, Red Berry/Blue Raspberry, Strawberry &amp; Mystery, Strawberry-Lemon-Mix Berry</p> <p>Simply Go Gurt: Strawberry/Mixed Berry</p> <p>Stoneyfield: Organic Kids: Strawberry &amp; Mixed Berry</p>	<p>Chobani Kids: Strawberry Banana</p> <p>Coburn's Yo Whoa: Strawberry &amp; Blueberry, Cotton Candy &amp; Melon Berry</p> <p>Great Value: Strawberry/Blueberry, MelonBerry &amp; Strawberry</p> <p>Go Gurt: Orange Cream, 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 Creme, Strawberry &amp; Mystery, Strawberry- Lemon-Mix Berry</p> <p>Siggi's; Strawberry</p> <p>Stoneyfield: Organic Kids: Cherry/Berry Variety, Strawberry</p> <p>Yo Whoa: Cotton Candy/ Melon Berry</p>
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<b>Infant Formula or WIC Eligible Nutritionals</b>	Approved Brands or Varieties
No substitutions	<ul style="list-style-type: none"> <li>• Only the brand of formula and container size listed</li> <li>• Only the type of formula (powder, liquid concentrate or ready to use) specified</li> </ul>

<b>Infant Cereal</b>	Approved Brands or Varieties
Brand specific	8 ounce and 16 ounce packages
No added fruit	Includes rice, oatmeal, multigrain and whole wheat
No added formula	<u>Approved brands include:</u>
No added milk	<ul style="list-style-type: none"> <li>• Beechnut</li> <li>• Gerber</li> <li>• Tippy Toes</li> <li>• Gerber Organic</li> <li>• Earth's Best</li> </ul>
No special claims such as added DHA/ARA	

<b>Infant Fruits and Vegetables</b>	Approved Brands or Varieties
Brand specific	<ul style="list-style-type: none"> <li>• 4 ounce containers, single or multipack</li> <li>• Includes fruits or vegetables, single flavor or blend</li> <li>• May include white potatoes as an ingredient but not the primary ingredient</li> <li>• Infants 9-11 months may receive a CVV for the purchase of fresh fruits and vegetables in lieu of a portion of the infant food fruits and vegetables.</li> </ul>
No added sugars, starches or salt	
No desserts	<u>Approved brands include:</u>
No dinners	<ul style="list-style-type: none"> <li>• Gerber 1st &amp; 2nd (Organics Allowed)</li> <li>• Beechnut Stage 1 &amp; Stage 2 (Organics Allowed)</li> <li>• Tippy Toes Stage 1 &amp; Stage 2</li> <li>• Good &amp; Gather</li> <li>• Happy Baby</li> <li>• Earth's Best Organic</li> <li>• Parent's Choice Stage 1 &amp; 2</li> </ul>

Infant Meats	Approved Brands or Varieties
Brand specific No dinners No meat sticks No added sugars No added salts	<ul style="list-style-type: none"> <li>• 2.5 ounce containers</li> <li>• Single flavor, beef, chicken, ham or turkey</li> <li>• Includes pureed meat and gravy or broth</li> </ul> <p><u>Approved brands include:</u></p> <ul style="list-style-type: none"> <li>• Beechnut Stage 1</li> <li>• Gerber 2nd Foods</li> <li>• Tippy Toes Stage 2</li> <li>• Earth's Best Organic</li> </ul>