

Iowa WIC Approved Foods List

Iowa WIC Program Approved Foods List as of April 2026

Policy

USDA Federal Regulations: State agencies must identify the brands of foods and package sizes that are acceptable for use in the Program in their States in accordance with the requirements of the supplemental foods. State agencies may establish criteria in addition to the minimum Federal requirements for the supplemental foods, including but not limited to, other nutritional standards, competitive cost, State-wide availability, and participant appeal.

Authority

- 7 CFR 246.10(a)
- 7 CFR 246.10(b)

Procedure

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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="464 625 1419 1869"> <tr> <td data-bbox="464 625 938 1247"> <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* Mott's: Very Berry, Apple Cinnamon </p> </td> <td data-bbox="941 625 1419 1247"> <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 Raisin Bran*</p> </td> </tr> <tr> <td data-bbox="464 1251 938 1759"> <p><u>Post</u> Grape-Nuts: Original*, Flakes* Great Grains: Banana Nut Crunch*, Crunchy Pecan*, Raisin, Date Pecan*, Cranberry Almond Crunch, Red Berry Almond Crunch Honey Bunches of Oats: Almonds, Cinnamon Bunches, Honey Roasted, Pecan & Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*, Strawberries Raisin Bran* Bran Flakes</p> </td> <td data-bbox="941 1251 1419 1759"> <p><u>Quaker</u> Life: Plain/Original*, Strawberry*, Vanilla* Oatmeal Squares*: Brown Sugar, Cinnamon, Golden Maple, Honey Nut Mighty Life: Very Vanilla*, Strawberry Blueberry Bliss* </p> </td> </tr> <tr> <td data-bbox="464 1764 938 1869"> <p><u>Malt-O-Meal:</u></p> </td> <td data-bbox="941 1764 1419 1869"> <p><u>Kashi</u> Honey Toasted Hearts & O's Warm Cinnamon Hearts & O's </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* Mott's: Very Berry, Apple Cinnamon </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 Raisin Bran*</p>	<p><u>Post</u> Grape-Nuts: Original*, Flakes* Great Grains: Banana Nut Crunch*, Crunchy Pecan*, Raisin, Date Pecan*, Cranberry Almond Crunch, Red Berry Almond Crunch Honey Bunches of Oats: Almonds, Cinnamon Bunches, Honey Roasted, Pecan & Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*, Strawberries Raisin Bran* Bran Flakes</p>	<p><u>Quaker</u> Life: Plain/Original*, Strawberry*, Vanilla* Oatmeal Squares*: Brown Sugar, Cinnamon, Golden Maple, Honey Nut Mighty Life: Very Vanilla*, Strawberry Blueberry Bliss* </p>	<p><u>Malt-O-Meal:</u></p>	<p><u>Kashi</u> Honey Toasted Hearts & O's Warm Cinnamon Hearts & O's </p>
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<p><u>Malt-O-Meal:</u></p>	<p><u>Kashi</u> Honey Toasted Hearts & O's Warm Cinnamon Hearts & O's </p>						

Corn Flakes Crispy Rice Frosted Mini Spooners: Plain*, Strawberry Cream Raisin Bran	Cocoa Clusters*, Blueberry Clusters* Apple Cinnamon Loops
These store brands 12 oz. or larger	
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 Shopper's Value Food Club	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 Tosteos* 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* Tosteos* Happy O's*/Rollin Oats* Wheat Flakes* Wheat Squares* Wheat Biscuits* Strawberry Cream Frosted Shredded Wheat* Instant Oatmeal Regular* Raisin Bran*
<p><u>Hot Cereal</u></p> <ul style="list-style-type: none"> • Plain and Whole Grain* • Includes 1 minute, 2 ½ minutes and 10 minutes <p>Approved brands</p> <ul style="list-style-type: none"> • Cream of Rice+ • Malt-O-Meal • Chocolate Malt-O-Meal Original • COCO Wheats 	

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 16, 18, 20, 24 oz</p> <div data-bbox="467 361 1416 1314" style="border: 1px solid black; padding: 5px;"> <p><u>16 ounce loaf 100% whole wheat loaf approved brands:</u> 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 100% 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="467 1352 1416 1465" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>18 ounce loaf 100% whole wheat loaf approved brands:</u> Baker's Choice 100% Whole Wheat Brownberry 100% Whole Wheat Small Slice</p> </div> <div data-bbox="467 1503 1416 1900" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>20 ounce loaf 100% whole wheat approved brands:</u> Best Choice 100% Whole Wheat Sandwich Bread Great Value 100% Whole Wheat Bread 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</p> </div>

	<p>Signature Select 100% Whole Wheat That's Smart 100% Whole Wheat Bread Village Hearth 100% Whole Wheat</p> <hr/> <p><u>24 ounce loaf 100% whole wheat</u> 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 & Delicious 100% Whole Wheat Village Hearth NE 100% Whole Wheat Wholesome Harvest Stone Ground 100% Whole Wheat</p> <hr/> <p><u>16 ounce buns 100% whole wheat approved brands:</u> 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 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>Whole Grain Options 11 oz packages or larger</p> <table border="1" data-bbox="464 1703 1419 1881"> <tr> <td data-bbox="464 1703 943 1881"> <p><u>Whole Wheat English Muffins:</u> Thomas' 100% Whole Wheat English Muffins</p> </td> <td data-bbox="943 1703 1419 1881"> <p><u>Whole Wheat Bagels:</u> Thomas' 100% Whole Wheat Bagels Hy-Vee 100% Whole Wheat Bagels</p> </td> </tr> </table>	<p><u>Whole Wheat English Muffins:</u> Thomas' 100% Whole Wheat English Muffins</p>	<p><u>Whole Wheat Bagels:</u> Thomas' 100% Whole Wheat Bagels Hy-Vee 100% Whole Wheat Bagels</p>
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	Hy-Vee 100% Whole Wheat English Muffins			
		<u>Whole Wheat Sandwich Thins:</u> Brownberry 100% Whole Wheat Sandwich Thins		
No added ingredients or flavorings	Brown Rice or wild rice <ul style="list-style-type: none"> • 16 ounce any brand of plain regular brown rice or wild rice • 14-16 ounce package includes instant and boil-in-bag 			
Brand specific No added ingredients or flavorings	Oatmeal 16-18 ounces Quick or Old Fashioned <table border="1" data-bbox="467 638 1416 932"> <tr> <td data-bbox="467 638 943 932"> <u>16 oz container:</u> Mom's Best Best Choice Our Family Better Oats Organic </td> <td data-bbox="943 638 1416 932"> <u>18 oz container:</u> Quaker Oats Great Value Ralston Oats HyVee Food Club Essential Everyday Best Choice </td> </tr> </table>		<u>16 oz container:</u> Mom's Best Best Choice Our Family Better Oats Organic	<u>18 oz container:</u> Quaker Oats Great Value Ralston Oats HyVee Food Club Essential Everyday Best Choice
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No added sugars, fats, oils or salt No pasta made from rice, quinoa, flax, corn or vegetables	100% Whole Wheat Pasta <ul style="list-style-type: none"> • Any Brand 16 oz • Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni or shells 			
No added flavorings	Soft Corn and Whole Wheat Tortillas 16 oz packages <table border="1" data-bbox="467 1318 1416 1900"> <tr> <td data-bbox="467 1318 943 1900"> <u>Corn Tortillas (Yellow or White):</u> Azteca Best Choice Best Yet Calidad Carlita Celia's Chi-Chi's Don Poncho Essential Everyday Food Club Frescado Guerrero Herdez HyVee </td> <td data-bbox="943 1318 1416 1900"> <u>Whole Wheat Tortillas:</u> Azteca Best Choice Buenavita Celia's Chi-Chi's Fareway Food Club Frescado Great Value Hormel HyVee IGA La Banderita Mama Laupe's Mission </td> </tr> </table>		<u>Corn Tortillas (Yellow or White):</u> Azteca Best Choice Best Yet Calidad Carlita Celia's Chi-Chi's Don Poncho Essential Everyday Food Club Frescado Guerrero Herdez HyVee	<u>Whole Wheat Tortillas:</u> Azteca Best Choice Buenavita Celia's Chi-Chi's Fareway Food Club Frescado Great Value Hormel HyVee IGA La Banderita Mama Laupe's Mission
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	IGA La Banderita La Burrita Mama Lupe's Mission Our Family Pepito Sara Lee Shurfresh Tia Rosa	Ortega Our Family Schnucks Shurfine Signature Select
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	Approved Brands or Varieties
Beans/Peanut Butter/Nut Butter	
No baked beans, refried bean or chili beans No soup or soup mix No added vegetables, fruits, meat, sugars, fats, or oils	<u>Canned Beans</u> <ul style="list-style-type: none"> Any Brand 15 -16 ounces Regular, low-salt or no-salt Includes: black, black-eyed peas, butter, cannellini, garbanzo (chickpeas), great northern, kidney, lima, navy, pinto, red, split peas
No mixed beans or soup mix No added vegetables, fruits, meat, sugars, fats, or oils	<u>Dried Beans and peas</u> <ul style="list-style-type: none"> Any brand in 16 ounce packages 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
No peanut butter spreads or reduced fat No bulk or freshly ground peanut butter No refrigerated peanut butter No added marshmallows,	<u>Peanut Butter</u> <ul style="list-style-type: none"> Any brand in containers of 16-18 ounces Includes: chunky, crunchy, creamy, smooth, low sodium and reduced sugar Must contain more than 90% peanuts and no more than 55% fat <hr/> <u>Nut/Seed Butter</u> <ul style="list-style-type: none"> Any brand container of 12-18 ounces Must contain 5 or more grams of protein

honey, almonds, jelly, chocolate or similar ingredients	
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Fish	Approved Brands or Varieties	
<p>Added sauces and flavorings are allowed</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 2.5 ounces; includes cans and foil pouches	
	<p><u>Tuna</u></p> <ul style="list-style-type: none"> Any brand of chunk light tuna No White albacore, solid or Yellowfin tuna 	<p><u>Salmon</u></p> <ul style="list-style-type: none"> Any brand of Pacific salmon No chum or red salmon
	<p><u>Mackerel</u></p> <ul style="list-style-type: none"> Any brand of chub mackerel (N. Atlantic Scomber scombrus, Chub Pacific Scomber japonicas) 	<p><u>Sardines</u></p> <ul style="list-style-type: none"> Any brand of sardines

Juice	Approved Brands or Varieties	
<p>Brand specific</p> <p>Only 100% unsweetened fruit juice</p> <p>Only 100% vegetable juice</p> <p>No drinks, ades, nectars, juice beverages, infant juices, cocktails, twistlers or coolers</p>	64 oz Container- Shelf stable	
	<p><u>Apple Juice</u></p> <p>Always Save, Apple & 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 & 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>

May include added calcium or vitamin D	<u>Grape Juice</u> 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, Texsun, Tipton Grove, Welch's	<u>Pineapple or Pear Juice</u> Best Choice, Big Tex, Everyday Essential, Fareway, Food Club, Great Value, HyTop, HyVee, IGA, Langers,Libby's, Old Orchard, Our Family, Schnucks, Signature Select, Texsun
	<u>Orange Juice</u> All brands of 100% orange juice, with or without pulp	<u>Grapefruit juice</u> White, Pink or Ruby Red All brands of 100% grapefruit juice
	<u>Tomato juice or Blended Vegetable juice:</u> 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, Texsun, V-8 Plain	
	64 ounce Container – Refrigerated	
	Orange Juice- All brands of 100% orange juice	
11.5-12 oz Frozen (single flavors only)		
<u>Apple Juice</u> Best Choice, Food Club, Great Value, HyTop, HyVee, IGA, Market Pantry, Old Orchard, Our Family, Seneca, Shurfine, Signature Select, Tree Top	<u>Pineapple Juice</u> Dole, Langers, Market Pantry, Old Richard	
<u>Grape Juice</u> White or Purple Best Choice, Food Club, Great Value, Market Pantry, Old Orchard, Seneca, Welch's (with yellow end cap only)	<u>Grapefruit Juice</u> 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	
32 ounce Bottles - Shelf Stable	
Tomato Juice or Blended Vegetable Juice: See 64 oz. for brands	
8-6.75 oz Boxes- Shelf Stable	
<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	

Cash Value Voucher for Fruits & Vegetables	Approved Brands or Varieties	
If purchase exceeds the specified value, participants may pay the difference No added syrups, sugars or sweeteners, fats, oils, salt, sauces or additional ingredients.	Dollar value is specified	
	<table border="1"> <tr> <td> <u>Fruits</u> Allowed <ul style="list-style-type: none"> Fresh fruit, frozen in juice or water Not allowed <ul style="list-style-type: none"> No dried fruit, items from salad or fruit bars, party trays with dips, fruit baskets, fruit and nut mixtures. </td> </tr> <tr> <td> <u>Vegetables</u> Allowed <ul style="list-style-type: none"> Fresh including potatoes, bagged salads, and fresh herbs, cut at the root or with the root intact Not allowed <ul style="list-style-type: none"> 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 </td> </tr> </table>	<u>Fruits</u> Allowed <ul style="list-style-type: none"> Fresh fruit, frozen in juice or water Not allowed <ul style="list-style-type: none"> No dried fruit, items from salad or fruit bars, party trays with dips, fruit baskets, fruit and nut mixtures.
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Milk	Approved Brands or Varieties	
Cow's milk -any brand pasteurized	Size and fat content specified	
	<table border="1"> <tr> <td>Cow's Milk</td> <td>Milk Alternative</td> </tr> </table>	Cow's Milk
Cow's Milk	Milk Alternative	

<p>with added vitamins</p> <p>No rice or nut milks or milk with special health claims</p> <p>No flavored milk</p>	<ul style="list-style-type: none"> • 1% lowfat or Fat Free Skim Milk • Whole or Fat Free Evaporated Milk • Nonfat Dry Milk (powdered) 	<ul style="list-style-type: none"> • Lactose-Free Milk (Whole, 1%, and Fat Free (e.g., Dairy Ease or Lactaid)) • Sweet Acidophilus Milk- Fat free, 1% or 2% • Powdered, Fluid, and Evaporated Goat Milk - Meyenberg Brand Only • Lowfat Buttermilk • Kefir (plain)
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<p>Eggs</p>	<p>Approved Brands or Varieties</p>
<p>No special health claims</p>	<ul style="list-style-type: none"> • Any brand in one dozen and 18-count containers • USDA Grade A, large, white or brown

<p>Cheese</p>	<p>Approved Brands or Varieties</p>
<p>No crumbles or cubed</p> <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"> • Any brand in 8 ounce or 16 ounce packages • Block, shredded, sliced, or Mozzarella string cheese • Natural and domestic cheeses including Cheddar, Colby, Colby-Jack, Monterey Jack, and Mozzarella • Includes varieties such as medium, sharp, extra sharp • Whole, 2%, low-fat, and fat free natural cheeses are also allowed

<p>Tofu</p>	<p>Approved Brands or Varieties</p>
<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"> • Azumaya - Silken, Firm, Extra Firm • House Foods (Premium, Organic) - Medium Firm, Firm, Extra Firm, Super firm • Franklin Farms: Soft, Medium, Firm, Extra Firm, Super Firm • Nature’s Soy: Soft, Firm • Nasoya: Silkin, Firm, Super Firm, Extra Firm • Good & Gather: Extra Firm, Super Firm

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

Yogurt	Approved Brands or Varieties																								
Brand specific No frozen yogurt, or drinkable yogurt No added ingredients such as granola, nuts, honey, candy pieces, etc. No “light” yogurts with artificial sweeteners or stevia	<ul style="list-style-type: none"> • Nonfat, lowfat • Whole • Plain or flavored • Regular or Greek <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>32 ounce approved brands:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;"><u>32 oz Whole</u></th> <th style="text-align: left; padding: 5px;"><u>32 oz Whole Greek</u></th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Brown Cow: Maple, Plain, Vanilla</td> <td style="padding: 5px;">Best Choice: Plain</td> </tr> <tr> <td style="padding: 5px;">Dannon: Plain, Vanilla</td> <td style="padding: 5px;">Chobani Greek: Plain</td> </tr> <tr> <td style="padding: 5px;">Food Club: Vanilla</td> <td style="padding: 5px;">Cabot: Plain</td> </tr> <tr> <td style="padding: 5px;">HyVee: Plain, Vanilla</td> <td style="padding: 5px;">Fage: Plain</td> </tr> <tr> <td style="padding: 5px;">La Yogurt: Plain</td> <td style="padding: 5px;">Fareway: Plain</td> </tr> <tr> <td style="padding: 5px;">Lucerne: Plain, Vanilla, Strawberry</td> <td style="padding: 5px;">Food Club Greek: Vanilla</td> </tr> <tr> <td style="padding: 5px;">Mountain High: Plain, Vanilla, Strawberry</td> <td style="padding: 5px;">Great Value: Plain</td> </tr> <tr> <td style="padding: 5px;">Oikos: Plain</td> <td style="padding: 5px;">Good & Gather: Plain</td> </tr> <tr> <td style="padding: 5px;">Old Home: Plain</td> <td style="padding: 5px;">HyVee: Plain</td> </tr> <tr> <td style="padding: 5px;">Our Family: Plain</td> <td style="padding: 5px;">Old Home: Plain, Vanilla</td> </tr> <tr> <td style="padding: 5px;">Stoneyfield Organic: Plain</td> <td style="padding: 5px;">Our Family: Plain</td> </tr> </tbody> </table> </div>	<u>32 oz Whole</u>	<u>32 oz Whole Greek</u>	Brown Cow: Maple, Plain, Vanilla	Best Choice: Plain	Dannon: Plain, Vanilla	Chobani Greek: Plain	Food Club: Vanilla	Cabot: Plain	HyVee: Plain, Vanilla	Fage: Plain	La Yogurt: Plain	Fareway: Plain	Lucerne: Plain, Vanilla, Strawberry	Food Club Greek: Vanilla	Mountain High: Plain, Vanilla, Strawberry	Great Value: Plain	Oikos: Plain	Good & Gather: Plain	Old Home: Plain	HyVee: Plain	Our Family: Plain	Old Home: Plain, Vanilla	Stoneyfield Organic: Plain	Our Family: Plain
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<u>32 oz. Lowfat</u>	
Best Choice: Vanilla, Plain	La Yogurt: Plain, Banana, Mango, Vanilla
Best Yet: Plain, Vanilla	Lucerne: Vanilla, Strawberry,
Coburn Farms: Plain, Vanilla	Plain Market Pantry: Vanilla
Darigold: Plain, Vanilla	Mountain High: Plain, Vanilla
Dannon: Plain, Vanilla	Oikos: Pro Plain
Everyday Essentials: Strawberry, Blueberry, Vanilla, Plain	Our Family: Plain
Food Club: Plain	Prairie Farms: Blueberry, Peach, Strawberry, Vanilla
Great Value: Plain, Vanilla	Schnucks: Plain
HyVee: Blueberry, Peach, Vanilla, Strawberry, Strawberry-Banana, Plain	Two Good: Plain
Lala: Plain, Strawberry, Vanilla, Mango	Yoplait: Blueberry, Strawberry, Vanilla, Peach, Strawberry- Banana
	Stoneyfield: Organic: Plain, Vanilla
<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, Peach
Dannon: Plain, Strawberry, Strawberry-Banana, Blueberry, Vanilla	Coburn Farms: Vanilla
	Fareway: Plain, Vanilla

	<p>Everyday Essentials: Plain, Blueberry, Strawberry, Vanilla</p> <p>Fage Total: Plain</p> <p>Food Club: Plain, Vanilla</p> <p>Great Value: Plain</p> <p>HyVee: Plain</p> <p>La Yogurt: Plain, Vanilla</p> <p>Lucerne: Plain, Vanilla, Strawberry</p> <p>Market Pantry: Plain</p> <p>Mountain High: Plain, Vanilla</p> <p>Oikos: Vanilla</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</p>	<p>Food Club: Plain, Vanilla</p> <p>Good & Gather: Plain, Vanilla</p> <p>Great Value: Plain, Vanilla</p> <p>HyVee: Plain, Vanilla, Strawberry</p> <p>Lucerne: Vanilla, Plain</p> <p>Nostimo: Plain, Vanilla, Strawberry</p> <p>Nostimos: Plain</p> <p>Oikos: Anything but Plain, Vanilla Bean, Plain w Maple, Plain w Honey</p> <p>Old Home: Plain, Vanilla</p> <p>Open Nature: Plain, Vanilla</p> <p>Our Family: Plain, Vanilla</p> <p>Stoneyfield: Plain, Vanilla Bean</p> <p>Simply Balanced: Plain, Vanilla</p> <p>Yoplait: Plain</p>							
	<p>24 ounce approved brands:</p> <table border="1"> <thead> <tr> <th data-bbox="454 1480 925 1522"><u>24 oz. Whole</u></th> <th data-bbox="925 1480 1372 1522"><u>24 oz. Whole Greek</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="454 1522 925 1606">Country View Dairy: Plain</td> <td data-bbox="925 1522 1372 1606">Country View: Plain</td> </tr> <tr> <td data-bbox="454 1606 925 1701">Siggi's: Plain, Touch of Honey</td> <td data-bbox="925 1606 1372 1701"></td> </tr> </tbody> </table>		<u>24 oz. Whole</u>	<u>24 oz. Whole Greek</u>	Country View Dairy: Plain	Country View: Plain	Siggi's: Plain, Touch of Honey		
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	<p><u>24 oz. Lowfat</u></p> <p>Anderson Erikson: Plain</p> <p>Country View Dairy: Plain, Vanilla, Strawberry</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</p>	
	<p><u>24 oz. Nonfat</u></p> <p>Siggi's: Plain, Vanilla</p>	<p><u>24 oz. Nonfat Greek</u></p> <p>Greek Gods: Plain</p>	
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Infant Formula or WIC Eligible Nutritionals	Approved Brands or Varieties
	<p>No substitutions</p> <ul style="list-style-type: none"> • Only the brand of formula and container size listed • Only the type of formula (powder, liquid concentrate or ready to use) specified

Infant Cereal	Approved Brands or Varieties
	<p>8 ounce and 16 ounce packages Includes rice, oatmeal, multigrain and whole wheat <u>Approved brands include:</u></p> <ul style="list-style-type: none"> • Beechnut • Gerber • Tippy Toes • Gerber Organic

	<ul style="list-style-type: none"> • Earth's Best
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Infant Fruits and Vegetables	Approved Brands or Varieties
Brand specific No added sugars, starches or salt No desserts No dinners	<ul style="list-style-type: none"> • 4 ounce containers, single or multipack • Includes fruits or vegetables, single flavor or blend • May include white potatoes as an ingredient but not the primary ingredient • 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. <p><u>Approved brands include:</u></p> <ul style="list-style-type: none"> • Gerber 1st & 2nd (Organics Allowed) • Beechnut Stage 1 & Stage 2 (Organics Allowed) • Tippy Toes Stage 1 & Stage 2 • Good & Gather • Happy Baby • Earth's Best Organic • Parent's Choice Stage 1 & 2

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"> • 2.5 ounce containers • Single flavor, beef, chicken, ham or turkey • Includes pureed meat and gravy or broth <p><u>Approved brands include:</u></p> <ul style="list-style-type: none"> • Beechnut Stage 1 • Gerber 2nd Foods • Tippy Toes Stage 2 • Earth's Best Organic