

Iowa WIC Approved Foods List
Iowa WIC Program Approved Foods List as of January 1, 2024

Food Category	Approved Brands or Varieties	
<p>CEREAL</p> <p>Cereal is brand and flavor specific</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>	<ul style="list-style-type: none"> Ready to Eat Cereal: 12 oz. or larger 	
	<p>General Mills: Cheerios – only Plain*+, Multi-Grain*+, Multi-Grain Strawberry*+and Vanilla Spice*+; Cheerios Oat Crunch Berry*; Chex – only Corn+, Rice+, Wheat*, Vanilla+, Blueberry*+, and Cinnamon+; Kix – only Plain*, Berry Berry* and Honey*; Sesame Street – only Berry* and Cinnamon*; Total*; Fiber One Honey Clusters*; Wheaties*</p>	<p>Hot Cereal: Plain and Whole Grain*; includes 1 minute, 2 ½ minutes and 10 minutes</p> <p>Cream of Rice+</p> <p>Malt-O-Meal Chocolate</p> <p>Malt-O-Meal Original</p> <p>COCO Wheats</p>
	<p>Kelloggs: All Bran*; Complete Bran*; Corn Flakes - only Regular, Cinnamon and Honey; Crispix; Frosted or Unfrosted Mini Wheats – only 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 - only Honey Almond, Ancient Grains* and Original Touch of Cinnamon*; Rice Krispies</p>	<p>Malt-O-Meal: Corn Flakes; Crispy Rice; Frosted Mini-Spooners – Plain* - Strawberry Cream</p> <p>Kashi: Honey Toasted Hearts & O’s, Warm Cinnamon Hearts & O’s</p>
	<p>Post: Grape-Nuts – only Original* and Flakes*; Great Grains - only Banana Nut Crunch* and Crunchy Pecan*; Honey Bunches of Oats - only Almonds, Cinnamon Bunches, Honey Roasted, Pecan & Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*</p>	<p>Quaker: Life – only Plain*, Strawberry* and Vanilla*; Oatmeal Squares* - only Brown Sugar, Cinnamon, Golden Maple, and Honey Nut</p>
<ul style="list-style-type: none"> Only these store brands 12 oz. or larger 		

	<p>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 Tasteeos*/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*/ Tasteeos*/ Happy O's*/Rollin Oats*, Wheat Flakes*, Wheat Squares*/Wheat Biscuits*</p>	<p>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 Valu Time</p>
--	---	--

Food Category	Approved Brands or Varieties
<p>100% Whole Wheat Bread/Buns</p> <p>NO added fruit, nuts and seeds</p>	<ul style="list-style-type: none"> • Must say “100% whole wheat” on the package and whole wheat must be the first ingredient on the label. <p><u>16 ounce loaf 100% whole wheat loaf approved brands include:</u></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 100% Whole Wheat</p>

	<p>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> <hr/> <p><u>18 ounce loaf 100% whole wheat approved brands include:</u> Baker’s Choice 100% Whole Wheat Brownberry 100% Whole Wheat Small Slice</p> <hr/> <p><u>20 ounce loaf 100% whole wheat approved brands include:</u> Best Choice 100% Whole Wheat Sandwich Bread HyVee 100% Whole Wheat Nature’s Own 100% Whole Wheat Nature’s Harvest 100% Stone Ground Whole Wheat Sara Lee Classic 100% Whole Wheat Sara Lee Delightful 100% Whole Wheat Signature Select 100% Whole Wheat Village Hearth 100% Whole Wheat</p> <hr/> <p><u>24 ounce loaf 100% whole wheat (fully breastfeeding women only) brands include:</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 Fiber One 100% Whole Wheat 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 Whole Grain 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 packages approved brands include:</u> Arnold 100% Whole Wheat Sandwich Buns Brownberry 100% Whole Wheat Sandwich Buns</p>
--	---

	<p>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 Sara Lee 100% Whole Wheat Hamburger Buns Sara Lee 100% Whole Wheat Hot Dog Buns Wonder 100% Whole Wheat</p>
--	--

Food Category	Approved Brands or Varieties			
<p>Brown Rice</p> <p>NO added flavoring</p>	<ul style="list-style-type: none"> 14-16 ounce package includes instant and boil-in-bag 16 ounce any brand of plain regular brown rice 			
<p>Oatmeal</p> <p>Oatmeal is brand specific</p>	<ul style="list-style-type: none"> Quick or Old Fashioned <p><u>16 oz. Container:</u> Mom's Best Best Choice Our Family</p>			
<p>100% Whole Wheat Pasta</p> <p>NO added sugars, fats, oils or salt</p> <p>NO pasta made from rice, quinoa, flax, corn or vegetables</p>	<ul style="list-style-type: none"> Any Brand 16 oz. Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni or shells 			
<p>Soft Corn and Whole Wheat Tortillas</p> <p>No added flavoring</p>	<ul style="list-style-type: none"> 16 ounce package <table border="1" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Corn Tortillas (Yellow or White):</u> Azteca Best Choice Best Yet Calidad Carlita</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Whole Wheat Tortillas:</u> Azteca Best Choice Buenavita Celia's Chi-Chi's</p> </td> </tr> </table>		<p><u>Corn Tortillas (Yellow or White):</u> Azteca Best Choice Best Yet Calidad Carlita</p>	<p><u>Whole Wheat Tortillas:</u> Azteca Best Choice Buenavita Celia's Chi-Chi's</p>
<p><u>Corn Tortillas (Yellow or White):</u> Azteca Best Choice Best Yet Calidad Carlita</p>	<p><u>Whole Wheat Tortillas:</u> Azteca Best Choice Buenavita Celia's Chi-Chi's</p>			

	Celia's Chi-Chi's Don Poncho Essential Everyday Food Club Frescado Guerrero Herdez HyVee IGA La Banderita La Burrita Mama Lupe's Mission Our Family Pepito Sara Lee Shurfresh Tia Rosa	Fareway Food Club Frescado Great Value Hormel HyVee IGA La Banderita Mama Lupe's Mission Ortega Our Family Schnucks Shurfine Signature Select
--	--	---

Food Category	Approved Brands or Varieties
<p>CANNED BEANS</p> <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>	<ul style="list-style-type: none"> ● Any Brand 15 -16 oz. ● Regular, low-salt or no-salt ● Includes: black, black-eyed peas, butter, cannellini, garbanzo (chickpeas), great northern, kidney, lima, navy, pinto, red, split peas
<p>DRIED BEANS AND PEAS</p> <p>NO mixed beans</p>	<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,

<p>or soup mix</p> <p>NO added vegetables, fruits, meat, sugars, fats, or oils</p>	<p>pinto, red, soybeans, split peas</p>
<p>PEANUT BUTTER</p> <p>NO peanut butter spreads or reduced fat</p> <p>NO added marshmallows, honey, almonds, jelly, chocolate or similar ingredients</p> <p>NO bulk or freshly ground</p> <p>NO refrigerated</p>	<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
<p>CANNED TUNA</p> <p>NO added ingredients</p> <p>NO white albacore, solid or Yellowfin tuna</p> <p>cans and foil pouches</p>	<ul style="list-style-type: none"> ● Any brand of chunk light tuna including water packed and oil packed ● Minimum container size of 5 ounces; includes cans and foil pouches ● Includes regular and low sodium
<p>CANNED SALMON</p> <p>NO chum or red</p>	<ul style="list-style-type: none"> ● Any brand of pink salmon with or without bones and skin

salmon NO added ingredients	<ul style="list-style-type: none"> ● Minimum container size of 5 ounces; includes cans and foil pouches ● Includes regular and low sodium
------------------------------------	---

Food Category	Approved Brands or Varieties						
<p>JUICE</p> <p>Only these brands, flavors and container sizes</p> <p>Approved brands and flavors also include calcium-fortified juices</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>	<ul style="list-style-type: none"> ● 64 ounce Bottles - Shelf Stable <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px; vertical-align: top;"> <p><u>Apple juice:</u> 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, Textsun, Tipton Grove, Tree Top</p> </td> <td style="width: 50%; padding: 5px; vertical-align: top;"> <p><u>Blended fruit juice (all flavors of these brands):</u> 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 blends Northland Cranberry Blends, Ocean Spray ,Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Textsun, Tipton Grove, Welch’s</p> </td> </tr> <tr> <td style="padding: 5px; vertical-align: top;"> <p><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, Textsun, Tipton Grove, Welch’s</p> </td> <td style="padding: 5px; vertical-align: top;"> <p><u>Grapefruit juice:</u> White, Pink or Ruby Red</p> <p>All brands of 100% grapefruit juice</p> </td> </tr> <tr> <td style="padding: 5px; vertical-align: top;"> <p><u>Orange juice:</u> All brands of 100% orange juice, with or without pulp</p> </td> <td style="padding: 5px; vertical-align: top;"> <p><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, Textsun</p> </td> </tr> </table>	<p><u>Apple juice:</u> 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, Textsun, Tipton Grove, Tree Top</p>	<p><u>Blended fruit juice (all flavors of these brands):</u> 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 blends Northland Cranberry Blends, Ocean Spray ,Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Textsun, Tipton Grove, Welch’s</p>	<p><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, Textsun, Tipton Grove, Welch’s</p>	<p><u>Grapefruit juice:</u> White, Pink or Ruby Red</p> <p>All brands of 100% grapefruit juice</p>	<p><u>Orange juice:</u> All brands of 100% orange juice, with or without pulp</p>	<p><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, Textsun</p>
<p><u>Apple juice:</u> 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, Textsun, Tipton Grove, Tree Top</p>	<p><u>Blended fruit juice (all flavors of these brands):</u> 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 blends Northland Cranberry Blends, Ocean Spray ,Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Textsun, Tipton Grove, Welch’s</p>						
<p><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, Textsun, Tipton Grove, Welch’s</p>	<p><u>Grapefruit juice:</u> White, Pink or Ruby Red</p> <p>All brands of 100% grapefruit juice</p>						
<p><u>Orange juice:</u> All brands of 100% orange juice, with or without pulp</p>	<p><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, Textsun</p>						

	<p><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 only</p>
--	---

Food Category	Approved Brands or Varieties		
<p>Juice</p> <p>Only these brands, flavors and container sizes</p> <p>Approved brands and flavors also include calcium-fortified juices</p> <p>Only 100% unsweetened fruit juice</p> <p>NO drinks, ades, nectars, juice beverages, infant juices, cocktails, twisters or coolers</p>	<ul style="list-style-type: none"> 11.5 - 12 ounce - frozen (single flavors only) 		
	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;"> <p><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</p> </td> <td style="width: 50%;"> <p><u>Pineapple juice:</u> Dole, Langers, Market Pantry, Old Orchard</p> </td> </tr> </table>	<p><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</p>	<p><u>Pineapple juice:</u> Dole, Langers, Market Pantry, Old Orchard</p>
	<p><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</p>	<p><u>Pineapple juice:</u> Dole, Langers, Market Pantry, Old Orchard</p>	
	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;"> <p><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)</p> </td> <td style="width: 50%;"> <p><u>Grapefruit juice:</u> White, Pink or Ruby Red All brands of 100% grapefruit juice</p> </td> </tr> </table>	<p><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)</p>	<p><u>Grapefruit juice:</u> White, Pink or Ruby Red All brands of 100% grapefruit juice</p>
	<p><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)</p>	<p><u>Grapefruit juice:</u> White, Pink or Ruby Red All brands of 100% grapefruit juice</p>	
	<p><u>Orange juice:</u> All brands of 100% orange juice Includes added calcium, with pulp, and pulp-free</p>		
	<ul style="list-style-type: none"> 32 ounce Bottles - Shelf Stable 		
<p>Tomato Juice or Blended Vegetable Juice: See 64 oz. for brands</p>			
<ul style="list-style-type: none"> 64 ounce Container - Refrigerated <p>Orange Juice- All brands of 100% orange juice</p>			

Food Category	Approved Brands or Varieties
---------------	------------------------------

<p>CASH VALUE VOUCHER FOR FRUITS AND VEGETABLES</p> <p>If purchase exceeds value specified, participant may pay the difference</p>	<ul style="list-style-type: none"> Dollar value is specified 	
	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Fruits:</u> Allowed: Fresh fruit, frozen in juice or water Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt. No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Vegetables:</u> Allowed: Fresh including any potatoes, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, sugars, pasta or rice; Not allowed: Dried vegetables, herbs and spices, 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 with fats/oils, seasonings or sugars.</p> </td> </tr> </table>	<p><u>Fruits:</u> Allowed: Fresh fruit, frozen in juice or water Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt. No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p>
<p><u>Fruits:</u> Allowed: Fresh fruit, frozen in juice or water Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt. No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p>	<p><u>Vegetables:</u> Allowed: Fresh including any potatoes, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, sugars, pasta or rice; Not allowed: Dried vegetables, herbs and spices, 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 with fats/oils, seasonings or sugars.</p>	

<p>Milk</p> <p>Cow’s milk - Any brand pasteurized with vitamins added in the container size and fat content specified</p> <p>NO rice or nut milks or milk with special health claims</p>	<table border="1" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <p><u>Cow’s Milk:</u> 1 % Lowfat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Whole Milk Nonfat Dry Milk (powdered) Chocolate – Whole, 1% Lowfat or Fat Free Skim Milk</p> </td> </tr> <tr> <td style="vertical-align: top;"> <p><u>Milk Alternatives:</u> Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid) Lactose-Free Milk- Whole (e.g., Dairy Ease or Lactaid) Sweet Acidophilus Milk- Fat free, 1% or 2% Powdered Goat Milk – Nonfat or whole, Meyenberg Brand Only Evaporated Goat Milk – Whole, Meyenberg Brand Only</p> </td> </tr> </table>	<p><u>Cow’s Milk:</u> 1 % Lowfat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Whole Milk Nonfat Dry Milk (powdered) Chocolate – Whole, 1% Lowfat or Fat Free Skim Milk</p>	<p><u>Milk Alternatives:</u> Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid) Lactose-Free Milk- Whole (e.g., Dairy Ease or Lactaid) Sweet Acidophilus Milk- Fat free, 1% or 2% Powdered Goat Milk – Nonfat or whole, Meyenberg Brand Only Evaporated Goat Milk – Whole, Meyenberg Brand Only</p>
<p><u>Cow’s Milk:</u> 1 % Lowfat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Whole Milk Nonfat Dry Milk (powdered) Chocolate – Whole, 1% Lowfat or Fat Free Skim Milk</p>			
<p><u>Milk Alternatives:</u> Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid) Lactose-Free Milk- Whole (e.g., Dairy Ease or Lactaid) Sweet Acidophilus Milk- Fat free, 1% or 2% Powdered Goat Milk – Nonfat or whole, Meyenberg Brand Only Evaporated Goat Milk – Whole, Meyenberg Brand Only</p>			

Food Category	Approved Brands or Varieties
<p>EGGS</p> <p>NO eggs that make special health claims</p>	<ul style="list-style-type: none"> Any brand in containers of one dozen USDA Grade A, large, white or brown

<p>CHEESE</p> <p>NO sliced, cubed or crumbles</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 Chunk, shredded 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 2% milk, low-fat, and fat free natural cheeses are also allowed
<p>TOFU</p> <p>No special health claims</p>	<ul style="list-style-type: none"> 16 ounce packages <p>Approved brands: Azumaya – Silken, Firm, Extra Firm House Foods (Premium) – Medium Firm, Firm, Extra Firm</p>
<p>SOY BEVERAGE</p>	<ul style="list-style-type: none"> 64 ounce containers <p>Approved brands: 8th Continent Original or Vanilla Soymilk Silk Original Soy Beverage Great Value Original</p>

Food Category	Approved Brands or Varieties	
<p>Yogurt</p> <p>Nonfat, lowfat Whole</p> <p>Plain or flavored Regular or Greek</p> <p>No frozen yogurt, or drinkable yogurt</p>	<p>32 oz. Whole: Brown Cow: Maple, Plain, Vanilla Dannon: Plain, Strawberry, Vanilla Food Club: Vanilla HyVee: Plain Lucerne: Plain, Vanilla, Strawberry</p>	<p>32 oz. Whole Greek: Best Choice: Plain Chobani Greek: Plain Cabot: Plain Fage: Plain Food Club Greek : Vanilla</p>

<p>No added ingredients such as granola, nuts, honey, candy pieces, etc.</p> <p>No “light” yogurts with artificial sweeteners or stevia</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: Banilla, Strawberry</p>	<p>Great Value: Plain</p> <p>Good & 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>24 oz. Whole:</u></p> <p>Country View Dairy: Plain</p> <p>Siggi’s: Plain, Touch of Honey</p>	<p><u>24 oz. Whole Greek:</u></p> <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</p>
	<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>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>Greek Gods: Plain</p> <p>Country View Dairy: Plain</p>
	<p><u>24 oz. NonFat:</u></p> <p>Land O Lakes: Light Plain</p> <p>Siggi’s: Plain, Vanilla</p>	<p><u>24 oz. NonFat Greek:</u></p> <p>Greek Gods: 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>Dannon: Plain, Strawberry,</p>	<p><u>32 oz. NonFat:</u></p> <p>Best Choice: Plain, Vanilla</p> <p>Best Yet: Plain, Vanilla</p> <p>Brown Cow: Plain, Vanilla, Cream Top Plain</p>

	<p>Strawberry-Banana, Vanilla</p> <p>Everyday Essentials: Strawberry, Blueberry, Vanilla, Plain</p> <p>Food Club: Strawberry, Vanilla</p> <p>Great Value: Strawberry Banana, Peach, Strawberry, Vanilla</p> <p>HyVee: Blueberry, Peach, Vanilla, Strawberry, Strawberry-Banana, Plain</p> <p>Lala: Plain, Strawberry, Vanilla, Mango</p> <p>Lucerne: Vanilla, Strawberry, Plain</p> <p>Market Pantry: Vanilla</p> <p>Mountain High: Plain, Vanilla</p> <p>Oikos: Pro Plain</p> <p>Our Family: Blueberry, Peach, Strawberry, Vanilla</p> <p>Prairie Farms: Blueberry, Peach, Strawberry, Vanilla</p> <p>Schnucks: Vanilla, Strawberry, Plain</p> <p>Two Good: Plain</p> <p>Yoplait: Blueberry, Strawberry, Vanilla, Peach, Strawberry-Banana</p> <p>Stoneyfield: Organic: Plain, Vanilla</p>	<p>Dannon: Plain, Strawberry, Strawberry-Banana</p> <p>Everyday Essentials: Plain</p> <p>Food Club: Plain</p> <p>Great Value: Plain, Strawberry</p> <p>HyVee: Plain</p> <p>Lucerne: Plain</p> <p>Market Pantry: Plain</p> <p>Mountain High: Plain, Vanilla</p> <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</p> <p>Stoneyfield: Organic: Plain, Vanilla</p>
	<p><u>32 oz. NonFat Greek:</u></p> <p>Best Choice: Plain, Vanilla</p> <p>Chobani: Blueberry, Plain, Vanilla, Strawberry</p> <p>Chobani Simply: Vanilla</p> <p>Coburn Farms: Vanilla</p> <p>Dannon Light &Fit: Plain</p>	<p><u>Yogurt Tubes 8- 2oz. LowFat:</u></p> <p>Best Choice: Blueberry/Strawberry, Strawberry Banana/Melonberry</p> <p>Chobani Greek: Strawberry</p> <p>Chobani Kids: Strawberry Banana</p> <p>Coburn’s Yo Whoa: Strawberry & Blueberry, Cotton Candy & Melon Berry</p> <p>Great Value: Strawberry/Blueberry, MelonBerry & Strawberry</p>

	<p>Fareway: Plain, Vanilla</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>Nostimo: Plain, Vanilla, Strawberry</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: Organic Greek: Plain, Vanilla Bean</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 Crème, Strawberry & 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>
	<p><u>32 oz. LowFat Greek:</u> Chobani: Plain, Mad. Vanilla & Cinnamon,</p> <p>Two Good: Plain</p>	<p><u>Yogurt Tubes 8- 2 oz. Whole:</u> Brainiac: Strawberry, Strawberry Banana, Mixed Berry, Cherry Vanilla</p>
		<p><u>Yogurt Tubes 16- 2 oz. LowFat:</u> Go Gurt: Orange Cream, SpongeBob Berry/Strawberry Splash, Berry/Cherry, Strawberry Ice Castle/Vanilla Flurries, Red Berry/Blue Raspberry, Strawberry & Mystery, Strawberry-Lemon-Mix Berry</p> <p>Simply Go Gurt: Strawberry/Mixed Berry Stoneyfield: Organic Kids: Strawberry & Mixed Berry</p>

Food Category	Approved Brands or Varieties
INFANT	<ul style="list-style-type: none"> ONLY the brand of formula listed

<p>FORMULA or WIC ELIGIBLE NUTRITION ALS</p> <p>NO substitutions</p>	<ul style="list-style-type: none"> ● ONLY the container size listed ● ONLY the type of formula (powder, liquid concentrate or ready to use) specified
<p>INFANT CEREAL</p> <p>NO added fruit</p> <p>NO added formula</p> <p>NO added milk</p> <p>NO special claims such as added DHA/ARA</p>	<ul style="list-style-type: none"> ● 8 ounce and 16 ounce packages ● Includes rice, oatmeal, multigrain and whole wheat <p><u>Approved brands include:</u> Beechnut Gerber Tippy Toes Gerber Organic Earth’s Best</p>
<p>INFANT FRUITS AND VEGETABLES</p> <p>NO added sugars, starches or salt</p> <p>NO desserts</p> <p>NO dinners</p>	<ul style="list-style-type: none"> ● 4 ounce containers, single or twin pack ● 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> Gerber 1st & 2nd (Organics Allowed) – Beechnut Stage 1 & Stage 2 (Organics Allowed) Tippy Toes Stage 1 & Stage 2 – Good & Gather - Happy Baby Organics – O Organics – Earth’s Best Organic</p>
<p>INFANT MEATS</p> <p>NO dinners</p> <p>NO meat sticks</p> <p>NO added sugars</p> <p>NO added salts</p>	<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> Beechnut Stage 1 Gerber 2nd Foods Tippy Toes Stage 2 Earth’s Best Organic</p>