



## BREASTFEEDING IS BABY'S BEST START

### BABY FOODS - MEATS

FOR FULLY BREASTFEEDING INFANTS 6 THROUGH 11 MONTHS OLD

- Amount and size listed on your WIC check
- Single meat or poultry varieties with broth or gravy

#### NOT ALLOWED

Infant food combination (such as meat and vegetables); infant dinners (such as spaghetti and meatballs); baby foods with added sugars or salt; organic baby meats

### CANNED FISH

FOR WOMEN WHO ARE FULLY BREASTFEEDING

#### ANY BRAND

##### LIGHT TUNA

Minimum 5.0 oz. cans packed in water only  
Plain varieties only

##### PINK SALMON

7.5 oz. and 14.75 oz. cans packed in water or oil only  
Plain varieties only

##### SARDINES

3.75 oz. cans packed in water or oil only (may contain bones and skin)  
Plain varieties only

#### NOT ALLOWED

Albacore tuna, blueback salmon, red salmon; flavored fish; fish with added ingredients; fish in pouches; fish in individual serving size containers

### INFANT CEREAL

- Amount and size listed on your WIC check
- 8.0 oz. and 16.0 oz. boxes only
- Plain varieties only:  
Rice, Oatmeal, Mixed Grains, Whole Wheat

#### NOT ALLOWED

Organic infant cereal; infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

### BABY FOODS – FRUITS & VEGETABLES

- Amount and size listed on your WIC check
- Any variety of single ingredient commercial infant food fruit
- Any variety of single ingredient commercial infant food vegetable
- Combination of plain single ingredients (such as peas and carrots OR apples and bananas)

#### NOT ALLOWED

Baby foods with added sugars, starches, or salt; baby food mixtures with cereal or infant food dessert (such as peach cobbler); organic baby food; any variety of baby foods that contains DHA or yogurt

### INFANT FORMULA

- Amount, size, and type listed on your WIC check

### MILK

- Plain, pasteurized cow's milk only
- Type, size and amount as listed on the WIC check

#### STORE BRAND ONLY

##### FLUID

Fat Free/Skim  
Low Fat/Light 1%  
Reduced Fat 2%  
Whole Milk

##### EVAPORATED/CANNED (12.0 oz. cans only)

Fat Free/Skim  
Low Fat/Light 1%  
Reduced Fat 2%  
Whole Milk

#### ANY BRAND

##### LACTOSE REDUCED OR 100% LACTOSE FREE

Fat Free/Skim  
Low Fat/Light 1%  
Reduced Fat 2%  
Whole Milk

##### UHT MILK (SHELF STABLE)

Fat Free/Skim  
Low Fat/Light 1%  
Reduced Fat 2%  
Whole Milk

##### DRY/POWDERED

Fat Free/Skim  
Low Fat/Light 1%  
Reduced Fat 2%  
Whole Milk

#### NOT ALLOWED

"Plus" milk; goat milk; rice milk; milk with added flavor or sugar; cultured buttermilk; acidophilus cultured milk; Kefir cultured milk; organic milk; Leche Klim; half and half; and milk with added calcium.

### SOY MILK

- Amount, size, and type listed on your WIC check

### TOFU

- 16.0 oz package only
- NASOYA Lite Silken
- House Foods Extra Firm

#### NOT ALLOWED

Tofu with added fats, sugars, oils, sodium; organic tofu

**Do not forget to separate your WIC food items by each WIC check. This will help you use the WIC checks properly and help the cashier who is ringing up the WIC items for each check.**

### CHEESE

- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol, low or reduced fat, or low or light in sodium are allowed

#### STORE BRAND ONLY

16.0 oz. package only in the following varieties:  
Cheddar  
Colby  
Monterey Jack  
Part Skim or Whole Mozzarella  
Pasteurized Processed American  
Swiss

#### NOT ALLOWED

Individually wrapped slices, deli cheese; imported cheese; cheese food; cheese spread; cheese product; flavored cheese; string cheese; organic cheese

### EGGS

- Grade A Large only
- White only
- One dozen (12 eggs) carton only

#### NOT ALLOWED

1/2 dozen cartons (6 eggs); cooked eggs; jumbo eggs; extra large eggs; medium eggs; brown eggs; specialty eggs; low cholesterol eggs; organic eggs; cage-free/free range eggs; Egglard's Best; eggs with omega-3

### BEANS, PEAS & LENTILS

#### ANY BRAND

##### DRY

All plain varieties of mature beans, peas or lentils  
16.0 oz. only

##### CANNED

All plain varieties of mature beans, peas or lentils  
14.0 - 16.0 oz. only

#### NOT ALLOWED

Green beans, green peas; snap beans; orange beans; wax beans; baked beans; pork and beans; beans with meat (such as franks and beans); canned beans with added sugars, fats, meat or oils; organic beans; soups

### PEANUT BUTTER

#### STORE BRAND ONLY

- 18.0 oz. jar only
- Creamy and crunchy are allowed
- Low fat varieties are allowed

#### NOT ALLOWED

Organic peanut butter; natural peanut butter; peanut spread; freshly ground or whipped peanut butter; peanut butter mixed with jelly; marshmallow, chocolate or honey; peanut butter with added vitamins and minerals

### WHOLE GRAIN BREAD PRODUCTS

**16.0 oz. only**

#### ARNOLD

Stone Ground 100% Whole Wheat Bread

#### HAUSWALD

100% Whole Wheat Bread

#### PEPPERIDGE FARM

Stone Ground 100% Whole Wheat Bread  
Very Thin Sliced Soft 100% Whole Wheat Bread  
Whole Grain Seeded Rye Bread

#### PATHMARK

100% Whole Wheat Bread

#### SARA LEE

Classic 100% Whole Wheat Bread

#### SHOPRITE

100% Whole Wheat Bread

#### STERN'S

100% Whole Wheat Bread  
Choice Grain Bread  
100% Whole Wheat Rolls (8 count)

#### STOP & SHOP

100% Whole Wheat Bread (no salt added)

#### WEIGHT WATCHERS

Multigrain Bread  
100% Whole Wheat Bread  
Whole Wheat Rolls - 8 ct.

#### WONDER

100% Soft Whole Wheat Bread

### OTHER WHOLE GRAIN PRODUCTS

#### BROWN RICE

Any brand  
16.0 oz. package  
Plain brown rice packed in boxes or bags  
May be instant, quick or regular cooking

#### NOT ALLOWED

Brown rice with added sugars, fats or salt; brown rice with other ingredients

#### TORTILLA

16.0 oz. plain package only  
Celia's Corn or Celia's Whole Wheat  
Chi Chi's White Corn or Whole Wheat  
Don Pancho Corn or Don Pancho Whole Wheat  
La Banderita Corn or La Banderita Whole Wheat  
La Burrita Corn  
MexAmerica Whole Wheat  
Mission Yellow Corn or Mission Whole Wheat  
Shurfine Whole Wheat  
Weis Whole Wheat

# NEW JERSEY WIC PROGRAM AUTHORIZED FOODS

**EFFECTIVE January 17, 2011**

*New products introduced to the market after the effective date are not allowed.*



Use this WIC food list, your WIC ID Folder and your WIC checks to help you correctly select authorized foods on the WIC checks.

Do not forget to use your WIC checks between the first and last day to use, and do not forget to sign your WIC check after the cashier fills in the correct total dollar amount.

No substitution of unauthorized brands or sizes of WIC foods are allowed. No rain checks. No cash, credit or returns are allowed for WIC checks or WIC foods. Only type, sizes and amount listed on WIC checks are allowed.



*This institution is an equal opportunity provider and employer.*

## BREAKFAST CEREALS

(Plain 12.0 oz. boxes or larger) (All cereals marked with an asterisk (\*) are whole wheat)

### NATIONAL BRAND CEREALS

#### B & G FOODS



#### HOMESTAT FARMS



#### KELLOGG'S



#### GENERAL MILLS



#### MALT-O-MEAL



#### POST



#### QUAKER



### STORE BRAND CEREALS

#### BRAN FLAKES\*

Best Yet IGA  
Kemach Shurfine  
Stop & Shop Taanug

#### CORN FLAKES

Acme America's Choice  
Best Yet Flavorite  
Foodtown IGA  
Kemach Krasdale  
Parade Pathmark  
Red & White Richfood  
Shurfine ShopRite  
Stop & Shop Super G  
Taanug White Rose

#### RICE CEREALS

CRISP RICE  
Best Yet IGA  
Parade Pathmark  
Red & White Shurfine  
Taanug White Rose

#### CRISPY RICE

Foodtown Krasdale  
Pathmark Stop & Shop  
Super G White Rose

#### SCRUNCHY CRISP RICE

ShopRite

#### WHEAT FLAKES\*

Kemach

#### OAT CEREALS\*

TOASTED OATS  
Acme America's Choice  
Flavorite Kemach  
Krasdale Parade  
Pathmark Rainbow  
Red & White Richfood  
ShopRite Shurfine  
Taanug White Rose

#### TASTEEOs

Best Yet IGA  
Foodtown IGA  
Stop & Shop Super G

#### INSTANT OATMEAL

(Regular and plain 11.8 oz.)  
Acme America's Choice  
ShopRite Stop & Shop

## 100% JUICE

### 64 oz. PLASTIC BOTTLE ONLY (NON-REFRIGERATED)

#### ANY BRAND

Grapefruit Orange-Grapefruit Orange

#### APPLE JUICE

Acme America's Choice  
Apple & Eve Baymist  
Flavorite IGA  
Langer's Lucky Leaf  
Musselman's Nature's Own  
Nestlé's (Juicy Juice) Old Orchard  
Red & White Richfood  
Seneca ShopRite  
Shurfine Stop & Shop  
Tipton Grove Weis  
White Rose

#### CRANBERRY JUICE

Apple & Eve Stop & Shop  
Langer's Northland  
Shurfine Weis

#### GRAPE JUICE

Acme Purple Acme White  
America's Choice Purple America's Choice White  
Krasdale Langer's Purple  
Langer's Red Langer's White  
Lotsa Purple Nature's Own  
Old Orchard Purple Old Orchard White  
Richfood Purple Richfood White  
Seneca White Shurfine Purple  
Shurfine White Stop & Shop Purple  
Stop & Shop White Welch's Purple  
Welch's Red Welch's White  
Weis Purple Weis White  
White Rose Purple White Rose White

#### PINEAPPLE JUICE

Langer's Shurfine

#### TOMATO JUICE

Langer's Shurfine

#### VEGETABLE JUICE

Acme America's Choice  
Garden Fest Langer's Vegetable  
Langer's Spicy Vegetable V-8 Original  
White Rose V-8 Original (low sodium)

### NOT ALLOWED FOR ALL JUICES

Products that are not 100% juice such as drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twisters, splashes, punches, juices with added sugar, sugar substitute, or DHA/ARA; any juice not listed; no baby juices allowed

#### JUICE BLENDS

ACME  
Berry  
Cherry

AMERICA'S CHOICE  
Berry Flavored Blends

#### APPLE & EVE

Cranberry-Grape  
Cranberry-Pomegranate  
Cranberry-Raspberry

#### LANGER'S

Apple-Cranberry  
Apple-Orange-Pineapple  
Apple-Grape  
Harvest-Apple-Plus

#### LOTSA

Berry  
Cherry

#### NESTLÉ'S (JUICY JUICE)

Any flavor *except* Harvest Surprise

#### NORTHLAND

Cranberry-Blackberry  
Cranberry-Blueberry  
Cranberry-Grape  
Cranberry-Pomegranate  
Cranberry-Raspberry

#### OLD ORCHARD

Acai-Pomegranate  
Apple-Cranberry  
Berry Blend  
Blueberry-Pomegranate  
Cranberry-Pomegranate  
Cherry-Pomegranate  
Kiwi-Strawberry  
Peach-Mango  
Red Raspberry  
Wild Cherry

#### SHURFINE

Cranberry-Apple  
Cranberry Blend  
Cranberry-Raspberry

#### STOP & SHOP

Berry  
Simple Juice Cherry

#### WEGMAN'S

Apple-Grape  
Berry  
White Grape-Cranberry  
White Grape-Peach

#### WEIS

Cranberry-Apple  
Cranberry-Grape  
Cranberry-Raspberry

### 11.5 - 12.0 oz. CAN ONLY (FROZEN CONCENTRATE)

#### ANY BRAND

Grapefruit Juice Orange Juice

#### APPLE JUICE

Acme Florida Gold  
Old Orchard Seneca (red label)  
ShopRite Shurfine

#### GRAPE JUICE

Florida Gold Purple Seneca Purple  
Welch's Purple (yellow lid/tear strip)  
Welch's White (plain or any blend flavors) (yellow lid/tear strip)

#### PINEAPPLE JUICE

Dole

#### JUICE BLENDS

Dole Orange-Peach-Mango  
Dole Orange-Strawberry-Banana  
Dole Pine-Orange  
Dole Pine-Orange-Banana  
Dole Pine-Orange-Strawberry  
Welch's White Grape-Cranberry  
Welch's White Grape-Pear  
Welch's White Grape-Peach  
Welch's White Grape-Raspberry

### 64.0 oz. PAPER CARTON ONLY (REFRIGERATED)

#### ANY BRAND

Grapefruit Orange-Grapefruit Orange

### 11.5 oz. CAN ONLY (SHELF-STABLE POURABLE CONCENTRATE)

Welch's 100% Juice Pourable Concentrate  
Any Flavor

### 48.0 oz. BOTTLE (NON-REFRIGERATED)

#### AMERICA'S CHOICE

Vegetable

#### APPLE & EVE

Apple

#### DOLE

Pineapple

#### LUCKY LEAF

Apple

#### NESTLÉ'S JUICY JUICE

Apple Grape Orange-Tangerine

#### WHITE ROSE

Grape