NEW JERSEY WIC PROGRAM
AUTHORIZED FOODS

EFFECTIVE January 2015

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 within the First Day to Use and Last Day to Use dates identified on the WIC checks. Do not forget to sign the WIC check(s) after the cashier writes the correct price on it.

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

Baby foods with added sugars, starches, or salt; baby food mixtures with cereal or infant food vegetable; any variety of baby foods that contain DHA or other added ingredients.

DO NOT FORGET to separate your WIC food items by each WIC check. This will help you in using the WIC checks properly and it would also help the cashier who is ringing up the WIC items for each check.

Fold any WIC checks(s) and sign the WIC checks. Do not forget to bring your WIC ID Folder, and your WIC checks to help you correctly select authorized foods on the WIC checks.

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

Brand, size and amount listed on your WIC check.