

ARKANSAS WIC PROGRAM

APPROVED FOOD LIST

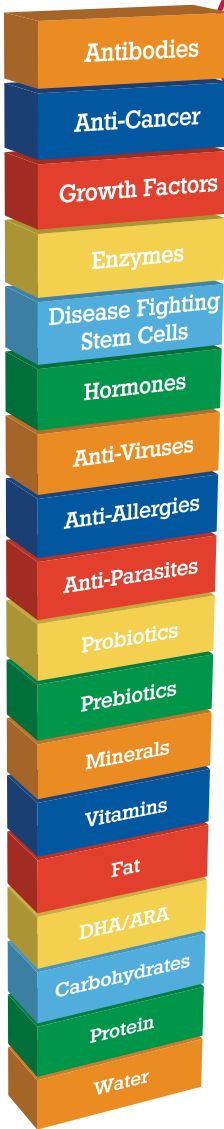


Effective October 1, 2018

For more information, contact the WIC State Office at (501) 661-2508, 1-800-235-0002, your local health unit or www.healthy.arkansas.gov/programs-services/topics/wic.

Breastmilk Has More of What Babies Need

Breastmilk



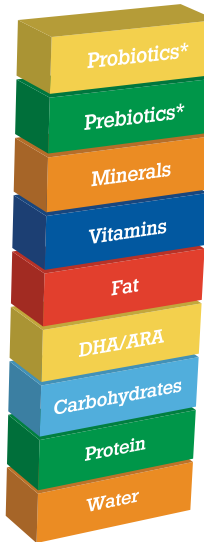
Every Ounce Counts

Breastfeeding is convenient!
Always ready, no bottles or mixing required.

Moms have the right to breastfeed their children anytime, anywhere.
It is the law in Arkansas.

Formula

**Not in all formulas*



Exclusively breastfeeding mothers and their babies receive **EXTRA** food benefits.

Arkansas WIC has Lactation Specialists and Breastfeeding Peer Counselors to provide breastfeeding support at no cost.
WIC can help with any of your questions or concerns.

Breastfeeding Helpline 1-800-445-6175

Infant Fruits & Vegetables

For infants 6 through 11 months

4 oz containers

THESE BRANDS ONLY



Every store may not carry all WIC approved foods/brands.



ALLOWED

- Stage 2 or 2nd foods
- Glass jars or 2-pack plastic tubs **ONLY**
- Any variety single fruit or vegetable (example: apple sauce or sweet peas)
- Any variety mixed fruits and/or vegetables (example: apples and bananas, mixed vegetables, sweet potatoes and apples)



*** NOT ALLOWED**

- Organic or natural
- Added cereal, flour, or starches
- Added meat, sugar, salt, or DHA
- Desserts (example: juice and fruit blends, pudding, or cobbler)
- Dinners
- Squeeze pouches
- Yogurt blends

Infant Meats

Only for Exclusively Breastfed Infants 6 through 11 months, who are not receiving formula from WIC.

2.5 oz containers

THESE BRANDS ONLY



ALLOWED

- Glass jars **ONLY**
- Single meat varieties with broth or gravy



*** NOT ALLOWED**

- Organic
- Added sugar, salt, or DHA
- Added fruit, vegetables, rice, or pasta (example: dinners, casseroles, soups or stews)
- Meat sticks

Infant Cereal



For infants 6 through 11 months
8 oz or 16 oz container dry infant cereal.

THESE BRANDS ONLY



ALLOWED

- Choose from:
Rice, Barley, Oatmeal,
MultiGrain, or Whole Wheat

* NOT ALLOWED

- Organic
- Cereal with fruit, formula, or
DHA/ARA
- High protein or other added
ingredients

Infant Formula

Type and amount listed on WIC benefit. No exchanges or substitutions.

* NOT ALLOWED

- Low-iron formula or any brand not listed on WIC benefit

Cheese, Milk, & Yogurt

CHEESE

Least expensive brand available at time of purchase within variety selected
16 oz package **ONLY**, regular or low-fat cheese

ALLOWED

- American (yellow only)
- Cheddar
- Colby
- Colby Jack
- Mozzarella



* NOT ALLOWED

- Organic
- Cheese products, whips,
or spreads
- Cheese with meat, peppers,
pimientos, seeds, etc.
- Cubed, grated, shredded,
crumbles, curds, or shapes
- Deli department sliced
- Fresh mozzarella
- Goat, farmer, or soy
- Imported
- Individually wrapped cheese
slices (singles), sticks, or strings
- Processed cheese foods
(example: Velveeta)
- Raw milk or smoked

Cheese, Milk, & Yogurt

MILK

Least expensive brand available at time of purchase

1 Gallon and ½ Gallon containers

ALLOWED

- Fat free, Nonfat, or Skim milk
- Low fat, Light, or 1% milk
- Low fat or Skim Buttermilk
- Lactose free milk (1% or skim)
- Evaporated milk (fat free or skim)
- Powdered milk (nonfat dry)
25.6 oz container

ALLOWED ONLY IF ON YOUR WIC BENEFIT

- Whole milk
- Lactose free whole milk
- Evaporated milk (whole fat)
- Reduced fat milk (2%)
- Lactose free reduced fat milk (2%)

* NOT ALLOWED

- Organic
- Bulgarian buttermilk
- Calcium-fortified milk
- Flavored milk (example: chocolate)
- Goat's milk
- High-protein milk
- Non-dairy
- Nut or grain milk (example:
almond, coconut, or rice)
- Parmalat
- Sweetened-condensed
- Unhomogenized
- UHT milk
- Vitamite

Health
Bite

Did you know? Skim or 1% milk has the same amount of Vitamin D, Calcium, and Protein as 2% or whole milk. Just less fat and fewer calories!

SOY-BASED BEVERAGE

½ Gallon containers

CHILDREN 2 YEARS & OLDER
AND WOMEN



ALLOWED

- 8th Continent – Original and Vanilla
- Silk – Original
- Store Brand – Original

* NOT ALLOWED

- Organic
- Other flavors

Cheese, Milk, & Yogurt

YOGURT

32 oz container, any variety
4 oz 4-packs (32 oz total), any variety
Allowed if on your WIC benefit

CHILDREN 1 YEAR OLD
Whole milk/Whole fat Yogurts

**CHILDREN 2 YEARS & OLDER
AND WOMEN**
Low fat and Nonfat Yogurts

ALLOWED

Any brand, choose from:

- Plain or flavors



32 oz

OR



2 - 16 oz packs

* NOT ALLOWED

- Organic
- Greek style, French style, Soy, etc.
- Artificial sweeteners (example: aspartame, saccharine, or sucralose)
- Fruit on the bottom
- Separate mix-in items (example: candy, granola, or nuts)
- Yogurt in bottles (drinkable), tubes, or pouches

Protein

EGGS

Least expensive brand available at time of purchase
Dozen containers **ONLY**

ALLOWED

- Grade A or AA
- Large, Medium, or Small
- White **ONLY**



* NOT ALLOWED

- Organic
- Brown
- Cage free or free range
- Fertile
- Omega-3 or with added vitamins or minerals (example: Eggland's Best)

Protein

FISH

FOR FULLY BREASTFEEDING WOMEN

- Canned fish **ONLY**
 - May contain bones and skin
- Any combination of fish types and can sizes **not to exceed** the number of ounces on WIC benefit

ALLOWED

Any brand, choose from:

- Chunk Light Tuna in Water
- Pink Salmon
- Sardines (any flavor)



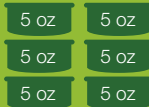
* NOT ALLOWED

- Organic
- Albacore, flavored, or smoked tuna
- Breast of tuna
- Foil packages or pouches
- Lunch packs or kits
- Tuna in oil, low salt/low sodium, or low fat tuna
- Tuna spread
- Tuna with seasoning or any fillers
- Blueback, chum, red, or flavored salmon
- Prime or smoke salmon fillets

Ways to Combine Fish:

Choose a combination that does not go over 30 ounces.

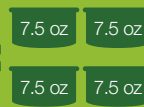
six 5 oz cans



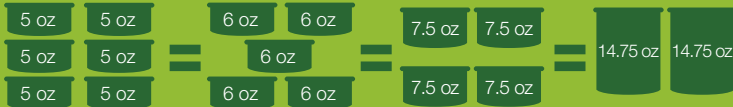
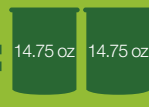
five 6 oz cans



four 7.5 oz cans



two 14.75 oz cans



Bean and Peanut Butter Choices:



1 lb
dry legumes/beans

OR



14-16 oz
canned beans

OR



1 jar, 16-18 oz
peanut butter

Protein

BEANS, LENTILS, and PEAS (LEGUMES)

DRY

16 oz (1 lb) bag



ALLOWED DRY

- Plain, dry, unseasoned mature

* NOT ALLOWED DRY

- Organic
- Flavored beans or with seasoning packets
- Mixed beans
- Snap beans
- Sweet peas
- Wax beans
- Yellow beans

CANNED

Least expensive brand available at time of purchase within variety selected

Regular; low-salt or low sodium; no salt, salt free, or sodium free

14-16 oz can

ALLOWED CANNED

Varieties:

- Black beans
- Black-eyed peas
- Butter beans
- Canary/Mayocoba beans
- Cannellini/Kidney beans, red or white
- Chickpeas/Garbanzo beans
- Crowder peas
- Great Northern beans
- Lima beans
- Navy beans
- Pink beans
- Pinto beans
- Purple Hull peas
- Red beans
- Refried beans (fat free or non fat **ONLY**)
- Roman beans



* NOT ALLOWED CANNED

- Organic
- Baked beans
- Chili beans
- Green beans
- Green/Sweet peas
- Pigeon peas
- Snap beans
- Wax beans
- Yellow beans
- Seasoned, flavored, or meat added



Protein



PEANUT BUTTER

16-18 oz jar

Every store may not carry all WIC approved foods/brands.

ALLOWED

- Smooth, creamy, crunchy, or extra crunchy
- Regular, reduced-fat, or natural
- JIF, Peter Pan, Skippy, or store brands

* NOT ALLOWED

- Organic
- Other nut butters
- Peanut spread
- With DHA or Omega-3
- Combination or whipped (example: mixed with chocolate, honey, jelly, marshmallow, or other flavorings)



Do not give peanut butter in spoonfuls to children under 4 years of age. This can cause choking.

Whole Grains



Every store may not carry all WIC approved foods/brands.

Choices for whole grains are: Brown Rice, Oats, Pasta, Whole Wheat or Corn Tortillas, Whole Wheat or Whole Grain Breads.

For every 1 lb of whole grain on your WIC benefit, you can buy...

- 1 loaf bread (16 oz), **or**
- 1 package tortillas (16 oz), **or**
- 1 package pasta (16 oz), **or**
- 1 container oats (16 oz), **or**
- 1 container brown rice (14-16 oz)

Whole Grains

BREAD

16 oz (1 lb) package

ALLOWED

Any brand, choose from:

- 100% Whole Wheat
- 100% Whole Grain



* NOT ALLOWED

- Organic
- Bakery bread
- Bagels, buns, rolls, or English muffins
- Refrigerated or frozen bread
- White whole grain

TORTILLAS

16 oz (1 lb) package

ALLOWED

Any brand, choose from:

- Yellow or White Corn
- 100% Whole Wheat



* NOT ALLOWED

- Organic
- Herb or flavored
- Tortilla wraps



PASTA

16 oz (1 lb) package

ALLOWED

Any brand, choose from:

- 100% Whole Wheat
- 100% Whole Grain

* NOT ALLOWED

- Added sugar, fat, oil, salt, or seasoning
- Pasta made from rice, quinoa, flax, corn, or vegetables



Whole Grains

OATS

16 oz (1 lb) package

These oats are a whole grain choice, **NOT** a cereal choice.

ALLOWED

- Best Choice
Old Fashioned Oats
- Best Choice Quick Oats
- Mom's Best
Old Fashioned Oats
- Mom's Best Quick Oats

* NOT ALLOWED

- Organic



Whole grains are a good source of Folate (Folic Acid), which reduces the risk of birth defects.

BROWN RICE

14-16 oz package (1 lb)

28-32 oz package (2 lbs)



ALLOWED

- Any brand
- Plain, dry brown rice
- Regular, instant, quick, or boil-in-bag

* NOT ALLOWED

- Organic
- Added beans, herbs, or seasonings
- Bulk, tubs, or microwavable pouches
- Flavored rice, rice mixes, or wild rice
- Frozen brown rice

Cereal

Any combination of the following cereals not to exceed number of ounces on WIC benefit.

Every store may not carry all WIC approved foods/brands.

COLD CEREAL

12-36 oz packages **ONLY**

GENERAL MILLS



Cheerios (Multigrain or Plain)

Chex (Corn, Rice, Wheat, or Cinnamon)

Kix (Berry, Honey, or Plain)

KELLOGG'S



Corn Flakes

Frosted Mini Wheats Original
(Bite Size or Little Bites)

Rice Krispies
(Original)

Special K
(Original)

MOM'S (MALT-O-MEAL)



Crispy Rice

Mini Spooners (Blueberry, Frosted
Original, or Strawberry Cream)

Oat Blenders
(with Honey or
with Almonds)

Cereal

POST



Grape-Nut
Flakes

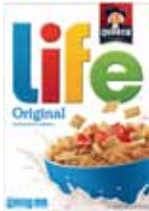


Grape-Nuts



Honey Bunches of Oats
(Honey Roasted, Vanilla Bunches, or
with Almonds)

QUAKER



Life (Original)



Oatmeal Squares (Hint of Brown Sugar, Cinnamon,
Golden Maple, or Honey Nut)

HOT CEREAL

Not to exceed number of ounces on WIC benefit

B & G FOODS



Cream of Wheat Original
(Instant, 1-minute, or
2½ minute)



Cream of Wheat
Whole Grain
2½ minute



Cream of Rice

Cereal

MOM'S (MALT-O-MEAL)



Quick Cooking Hot Wheat Cereal
(Original or Chocolate)

JIM DANDY



Quick or Original Grits

QUAKER

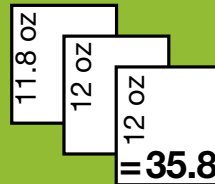
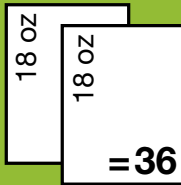


Instant Grits
(Original flavor **ONLY**
– individual packets,
quick, or regular)



Instant Oatmeal
(Original flavor **ONLY**
– individual packets)

Quaker
individual
packets of
instant oatmeal is
a cereal choice,
NOT a whole
grain choice.



Ways to Get 36 oz of Cereal

Ounces not to exceed the total number of ounces
on WIC benefit

Fruits & Vegetables

FRESH OR FROZEN FRUITS AND VEGETABLES

The Cash Value Benefit (CVB) is for the purchase of fresh or frozen fruits and vegetables.

Purchases can be made for greater than the dollar amount on the CVB, but you must pay the difference.

ALLOWED

- Regular or Organic
- Any variety or brand, plain
- May be whole, cut, bagged, or packaged
- Salt and preservatives
- Salad mixtures
- Vegetables or fruits in bags or containers

✘ NOT ALLOWED

- Added fats, oils, sugars, or artificial sweeteners
- Fresh or dried herbs and spices (example: chives, cilantro, mint, or parsley)
- Fruits or vegetables from fruit baskets, party trays/platters, or salad bar
- Nuts, fruit and nut mixtures, dried fruits and vegetables
- Ornamental or decorative fruits or vegetables (example: chili peppers, garlic on a string, gourds or painted pumpkins)
- Salad kits with dressing or other added food items
- French fries or tator tots
- With breading, creams, sauces, or special seasoning
- With pasta, rice, or any other grain mixture



Fruits and Vegetables

Tips for Buying Fruits and Vegetables

The cost of your fruits and vegetables should be less than or equal to the total dollar amount on your CVB or eWIC card receipt.

If not, you must pay the difference.

USE THIS CHART TO HELP YOU SHOP:

1. What is the price per pound (lb)?
2. Place the fruit or vegetable on the scale to weigh it.
3. Round the weight up to the nearest lb or $\frac{1}{2}$ lb.
4. Match the price per lb and the weight to the chart below.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

Juices

Every store may not carry all WIC approved foods/brands.

Least expensive brand at time of purchase

Health
Bite

Juice: good or bad? Small amounts of WIC juice are a good source of Vitamin C. Children under the age of 5 years should not have more than 4 ounces of juice per day.

ALLOWED

Any Brand, choose from:

- 100% Fruit Juice
- 100% Tomato or Vegetable Juice
- Added calcium (except Welch's brand)

* NOT ALLOWED

- Organic
- Added sugars or fiber
- Fruit and Vegetable blends
- Glass bottles
- Infant or baby juices
- Juice cocktails
- Flavored fruit juice drinks, sports drinks, or ades

JUICES FOR CHILDREN

Any combination of flavors within the 64 oz single strength 100% juice.

May choose shelf-stable or refrigerated juices.



64 oz
Plastic Bottle



64 oz
Carton

JUICES FOR WOMEN

Any combination of flavors within the frozen concentrate or single strength 100% juice.



11-12 oz
Frozen



46-48 oz
Can



46-48 oz
Plastic Bottle

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

