




# wic shopping guide 2015

**BREAKFAST CEREAL**


**CAN BUY** **WHOLE GRAIN CEREALS— 51% or more whole grain.** Brand in 12 oz – 36 oz box or bag of cereal listed below:

 = 50% or more folic acid per serving
  = 5 or more grams of fiber per serving


**General Mills**




**Kellogg's**




**Post**




**Quaker**



**Mill Select**



**B&G Foods**



**Instant Oatmeal or Instant Oats**  
Brand in 11.8 oz or 12 oz individual serving packet, old fashioned, classic, regular, or original flavor, listed below:

- Albertsons
- Best Yet
- BetterOats-
- Good 'n hearty
- First Street
- Food Club
- HY-TOP
- IGA
- Kroger
- Parade
- Raley's Fine Foods
- Ralph's
- Ralston
- Red & White
- Safeway
- Springfield
- Stater Bros.
- Sunny Select
- Western Family

**CANNOT BUY**

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, or sugars

WIC Food Packages - Regulatory Requirements for WIC-Eligible Foods. WIC-Eligible Foods. BREAKFAST CEREAL. WHOLE WHEAT BREAD/WHOLE GRAIN BREAD/OTHER WHOLE GRAINS. JUICE (Women and Children) MILK. CHEESE. YOGURT. TOFU. Healthy Families. MICHIGAN WIC. Effective July 11, - Version 2 Organic allowed. Your WIC Shopping List shows your cash value benefit amount (\$\$\$). Guide. Effective Date July 1, the Last Date to Spend shown on the WIC Shopping List. Now you can browse this shopping guide for a list of foods. CHILDREN. PROGRAM. WIC. AUTHORIZED. FOODS LIST. EFFECTIVE. OCTOBER Revised April . Bring this list when you shop for WIC foods!. Effective Nov. 1, Oct. 31, WISCONSIN and WIC Shopping List or recent grocery store foods listed on your WIC Shopping List or balance on the. 3 Jun - 9 min - Uploaded by How America Works - CA WIC Authorized Food List Shopping Guide. How America Works - CA. Loading. right now. You can pick up a TEXAS WIC Approved Foods Shopping Guide at your local WIC office, or click The following brochures became effective October 1, Cereal - Store Brands. Bran Flakes. Shredded Wheat (frosted, blueberry, strawberry cream). Toasted Oats (plain, multi-grain). National Brands. Alpha-Bits. WIC PROGRAM. WIC FOODS. SHOPPING. GUIDE BEFORE YOU START. Read New Mexico WIC card receipt. May use manufactured/store coupons. Effective June Things to take with you to the store: Food Guide, WIC card, Shop together and let your child choose. Cook together. Teach your child. Effective October 1, Page 1 of Table of Page ? Infant Foods: Cereal, Meats, Fruits and Vegetables. Pages 25 29 Yogurt: Must be an approved brand as specified on list below. Approved. ? 1 quart (32 oz.). The purpose of this guide is to help make shopping for WIC you shop. You will see the icons below throughout this foods guide. (example: April 28, ). WIC Approved Foods List Effective January This update adds more options for The current update went into effect January juice (except orange and grapefruit), goat milk, cereal, infant cereal, infant fruits and. August 17, SUBJECT: Fiscal Year (FY) Texas WIC Shopping Guide and Approved Foods Poster. There are several changes to the approved foods. shopping list. ? Terminology change: the term Allowed has been removed from all sections approved items are bulleted, Not Allowed is now referred to as .ID Folder. APRIL Stop & Shop. Stop & Shop. Cereal Size Guide: 12 oz - 36 oz Package Only if listed on WIC check: Powdered, Evaporated, or. Lactose .WIC. Food List. A shopper's guide to the. Oregon WIC approved foods. Revised Effective. October 1, WIC Shopper app to scan foods as you shop. woman shopping looking at shopping list. WIC checks can In , additional food choices were made available for states to offer WIC clients. Kansas chose.

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