



NE WIC

FOOD LIST

& SHOPPING GUIDE

Effective July 1, 2022 through
September 30, 2024.

**WIC-ELIGIBLE FOODS FOR
NEBRASKA WIC PARTICIPANTS**

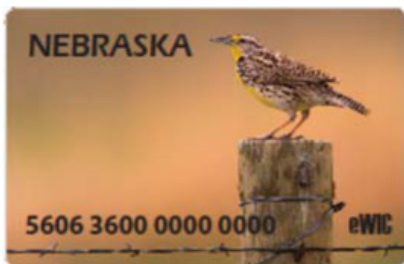


TABLE OF CONTENTS

eWIC CARD INFORMATION	1
STORE INFORMATION	3
BREAKFAST CEREAL	4
DAIRY: Milk, Cheese, Eggs, Yogurt	8
PEANUT BUTTER AND BEANS	12
WHOLE GRAINS: Bread, Tortillas, Pasta, & Rice	14
FRUITS AND VEGETABLES	18
BABY FOODS	20
JUICE	22
CANNED FISH	26



eWIC Card Information



- The eWIC card is PIN protected. Call the number or visit the website on the back of the card to create or change your PIN.
- Do not give your card, card number, or PIN to any unauthorized person. Do not allow any store to keep or hold your card or to maintain your card number or PIN on file. The card owner or designated proxies only should handle the card and know the PIN.
- Card must be present at the time of purchase.
- Benefits expire at the end of each month. Next month's benefits load automatically, if available.
- Use the same card for each month on the WIC Program.
- Report damaged, lost, or stolen cards to your clinic for a replacement.

Gluten-Free and Vegetarian WIC Foods

- Many WIC foods are naturally gluten-free or vegetarian, but they may not be labeled as such; throughout this booklet, we have labeled gluten-free foods with GF and vegetarian foods with V.



GLUTEN-FREE



VEGETARIAN

- If you have dietary restrictions, it is important to read food ingredient labels. Also, speak with your doctor if you believe you have gluten or other food sensitivities before you eliminate foods from your meal plan. If you need assistance working around food sensitivities, speak with your WIC nutritionist for help.



eWIC Card Information

Using your eWIC Card

- Nebraska eWIC cards may be used only at authorized Nebraska WIC Vendors
- eWIC card must be the first form of payment
- Most registers allow for the purchase of WIC and non-WIC items in the same transaction
- Non-WIC items and WIC-eligible items that you do not have benefits for will be leftover after your eWIC card is used to be paid for with another form of payment
- Some stores have WIC-capable self-checkout registers
- WIC purchases are considered **final** after the final purchase receipt prints. Most register systems **cannot** adjust WIC transactions after they have concluded. If you have any concerns about the way a transaction was handled, please contact your WIC clinic for assistance.

eWIC Card Transactions

- Have all items scanned at the register
- After the transaction is totaled, swipe your eWIC card and enter your PIN on the separate PIN pad
- You may be asked to approve the usage of your WIC benefits (some registers will automatically use your benefits after the PIN is entered)
- If you approve, press "Yes" on the PIN pad and your WIC-eligible items will be paid for
- If you do not approve, press "No" on the PIN pad then have the transaction adjusted to your liking
- After all items are paid for, the transaction will close and a final receipt will print. Please keep the final receipt for your records

Store Information

WIC-authorized stores have this decal on their front door:



Look for these shelf tags as you shop to assist with identifying WIC-eligible foods:



**GENERAL MILLS
KIX
12-36 OZ.**



How to Submit a Food Approval Request

While shopping, you may encounter foods that are not WIC-eligible. You may submit requests for foods to be reviewed for eligibility. To do so, you may use the phone app for WIC shopping (speak with your clinic for information about the app) or you may send the request via email to DHHS.WICFoodsNE@nebraska.gov. Requests should contain, at a minimum, the following information:

- Product's name
- Product's full UPC barcode number
- Product's size

It is strongly encouraged that pictures of the above are included with any request.

WIC SHOPPING TIP!

Look for WIC Shopping Tip! boxes throughout this booklet for tips to make your shopping experience with WIC easier!

BREAKFAST CEREAL ^V

Choose from these **COLD CEREALS** only:

GRAIN BERRY



Apple Cinnamon
Toasted Oats



Cinnamon Frosted
Shredded Wheat



Original Toasted Oats

SUNBELT BAKERY



Simple Granola

GENERAL MILLS



Cheerios



Multigrain Cheerios



Strawberry Multi-
grain Cheerios



Blueberry Chex



Cinnamon Chex



Corn Chex



Rice Chex



Wheat Chex



Fiber One Honey
Clusters



Berry Berry Kix



Honey Kix



Original Kix



Total



Wheaties

MALT O MEAL



Frosted Mini
Spooners



Strawberry Mini
Spooners



Crispy Rice

QUAKER



Life - Original



Oatmeal Squares -
Hint of Brown Sugar



Oatmeal Squares -
Cinnamon

COLD CEREALS

Choose from these **COLD CEREALS** only:

POST



Great Grains Banana Nut Crunch



Great Grains Crunchy Pecan



Grape Nuts Original



Grape Nuts Flakes



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats with Almonds



Honey Bunches of Oats with Cinnamon Bunches



Honey Bunches of Oats Pecan & Maple Sugar



Honey Bunches of Oats with Vanilla Bunches

KELLOGG'S



All Bran Complete Wheat Bran Flakes



Corn Flakes



Crispix



Frosted Mini Wheats



Frosted Mini Wheats Blueberry



Frosted Mini Wheats Cinnamon Roll



Frosted Mini Wheats Pumpkin Spice



Frosted Mini Wheats Strawberry



Frosted Mini Wheats Touch of Raspberry



Frosted Mini Wheats Little Bites



Frosted Mini Wheats Little Bites Chocolate



Rice Krispies



Special K Original



Special K Protein Honey Almond Ancient Grains



Special K Protein Multigrain Touch of Cinnamon

BREAKFAST CEREAL ^V

Choose from these **STORE BRAND COLD CEREALS** only:



- Corn Flakes
- Crisp Rice
- Frosted Shredded Wheat
- Toasted Oats



- Corn Flakes
- Corn Squares ^{GF}
- Crisp Rice
- Frosted Shredded Wheat
- Honey & Oats w/ Oat Clusters
- Honey and Oats with Almonds
- Oatmeal Squares
- Rice Biscuits
- Rice Squares ^{GF}
- Strawberry Frosted Wheat
- Tasteeos
- Toasted Oats
- Twin Grain Crisp
- Wheat Bran Flakes
- Wheat Squares



- Frosted Shredded Wheat
- Frosted Shredded Wheat Maple & Brown Sugar
- Frosted Shredded Wheat Strawberry Cream
- Bran Flakes
- Corn Crisps
- Corn Flakes
- Crisp Rice Cereal
- Crispy Corn & Rice
- Happy O's
- Multigrain Happy O's
- Honey Oat Clusters
- Honey Oat Clusters with Almonds
- Nutty Nuggets
- Rice Biscuits
- Rice Crisps
- Wheat Bran Flakes
- Wheat Crisps
- Wheat Flakes



- Crispy Rice
- Crunchy Honey Oats
- Corn Flakes
- Corn Squares ^{GF}
- Frosted Shredded Wheat
- Rice Squares ^{GF}
- Toasted O's
- Multigrain Toasted O's
- Wheat Bran Flakes
- Wheat Squares



- Corn Flakes
- Corn Squares
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat
- Oat Squares
- Rice Squares
- Tasteeos
- Multigrain Tasteeos
- Wheat Bran Flakes
- Wheat Squares Corn Flakes



- Balanced Living Original
- Corn Flakes
- Corn Squares
- Crispy Rice
- Double Crunch
- Frosted Shredded Wheat
- Blueberry Frosted Shredded Wheat
- Strawberry Frosted Shredded Wheat
- Nutty Nuggets
- Oats and More with Honey

- Rice Squares
- Simply Living
- Tasteeos
- Multigrain Tasteeos
- Toasted Corn
- Toasted Rice ^{GF}
- Toasted Wheat ^{GF}
- Wheat Brand Flakes



- Bran Flakes
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Rice Squares
- Shredded Wheat
- Tasteeos



- Bran Flakes
- Corn Flakes
- Crispy Rice
- Bite Size Frosted Shredded Wheat
- Frosted Shredded Wheat Blueberry
- Frosted Shredded Wheat Strawberry Cream
- Honey Crisp Medley With Almonds
- Multi Grain Honey Crisp Medley
- Nutty Nuggets
- Oat Squares
- Rice Bitz
- Living Well
- Living Well Multigrain
- Toasted Oats
- Multigrain Toasted Oats



- Bran Flakes
- Crispy Hexagons
- Crispy Rice
- Corn Flakes
- Corn Squares
- Bite Size Frosted Shredded Wheat
- Frosted Shredded Wheat
- Frosted Shredded Wheat Strawberry Cream
- Nutty Nuggets
- Oats & More with Almonds
- Oats & More with Honey
- Rice Biscuits ^{GF}
- Toasted Oats
- Multigrain Toasted Oats
- Wheat Biscuits



- Bran Flakes
- Corn Flakes
- Crispy Rice
- Oats and More with Almonds
- Oats and More with Honey
- Rice Pockets
- Toasted Oats
- Corn Pockets
- Nutty Nuggets



- Bran Flakes
- Crisp Rice
- Corn Flakes
- Toasted Oats



- Corn Flakes
- Oat Squares
- Toasted Oats
- Toasted Rice

CONTINUED

Choose from these **HOT CEREALS** only:

CREAM OF RICE MALT O MEAL



Cream of Rice



Cream of Rice
Instant



Original



Chocolate



Coco Wheats

CREAM OF WHEAT



Whole Grain Cream
of Wheat



Cream of Wheat
Instant



Cream of Wheat
1 Minute



Cream of Wheat
2 1/2 Minutes

QUAKER



Instant Oatmeal
Original



Instant Grits -
Butter



Instant Grits -
Original



Best Choice

- Instant Oatmeal, Original 11.8 oz.
- Creamy Wheat Farina 28 oz.

Instant Oatmeal:

- Food Club
- Great Value
- Hy-Vee
- IGA
- Kroger
- Our Family
- Signature Select

OKAY TO BUY:

- ONLY THE BRANDS AND FLAVORS LISTED
- 12 OZ. SIZES OR LARGER (NO LARGER THAN 36 OZ.)

DO NOT BUY:

- ORGANIC CEREALS
- BRANDS OR FLAVORS NOT LISTED
- SIZES LESS THAN 12 OZ. OR GREATER THAN 36 OZ.

WIC SHOPPING TIP!

Please pay attention to the cereal sizes you are purchasing. Not all sizes will perfectly match your benefits. If you are left with less than 12 oz. of cereal benefits in a month, then you will be unable to use those benefits as no cereal sizes below 12 oz. are WIC-eligible.

DAIRY

MILK, SOY BEVERAGE, EGGS, & CHEESE **GF**

REGULAR MILK - CHOOSE ANY BRAND

OKAY TO BUY:

- GALLONS AND HALF-GALLONS
- THE EXACT FAT CONTENT TYPE AS LISTED IN YOUR BENEFITS

DO NOT BUY:

- ORGANIC MILKS
- CHOCOLATE, STRAWBERRY OR ANY OTHER FLAVORED MILKS
- ALMOND, CASHEW, COCONUT, RICE, PEA, OR ANY OTHER MILK ALTERNATIVE

SPECIALTY MILK

Buy exact **TYPE, FAT CONTENT** and **SIZE** as listed in your benefits.

OKAY TO BUY:

- **LACTOSE FREE MILK** - Any Brand, Half-gallons only
- **EVAPORATED MILK** - Any Brand, 12 oz. cans

DO NOT BUY:

- 2% EVAPORATED MILK
- EVAPORATED FILLED MILK
- DRY MILK: ANY BRAND, 25.6 OZ. BOX OR BAG



SOY BEVERAGE **V**

Choose from these **BRANDS** only:

SILK - Original Soymilk, Original Soymilk Twin-Pack

8TH CONTINENT - Original or Vanilla Soymilk

OKAY TO BUY:

- THESE BRANDS AND FLAVORS
- THE HALF-GALLONS - TWIN PACK COUNTS AS TWO HALF-GALLONS

DO NOT BUY:

- ORGANIC MILKS
- OTHER BRANDS AND FLAVORS NOT LISTED



EGGS - CHOOSE ANY BRAND

OKAY TO BUY:

- MEDIUM OR LARGE SIZE EGGS
- 12 COUNT ONLY

DO NOT BUY:

- ORGANIC OR CAGE FREE EGGS
- EGGS ANY COLOR OTHER THAN WHITE
- SPECIALTY EGGS INCLUDING, BUT NOT LIMITED TO: LOW CHOLESTEROL EGGS, VEGAN OR VEGETARIAN FED, FAT MODIFIED EGGS, FORTIFIED OR ENRICHED EGGS WITH DHA OR OMEGA-3

CHEESE

Choose from **STORE BRANDS** only:

OKAY TO BUY:

- 16 OZ. SIZE ONLY
- BLOCK OR SLICED CHEESE - ALL FLAVORS AND STORE BRANDS

SHREDDED CHEESE - These **BRANDS** only:

- Best Choice
- Fareway
- Food Club
- Freedom's Choice
- Good & Gather
- Hy-Vee
- Kroger
- Lucerne
- Market Pantry
- Our Family



STRING CHEESE - These **BRANDS** only:

- Best Choice
- Food Club
- Hy-Vee
- Lucerne (includes low-moisture mozzarella balls)
- Our Family

DO NOT BUY:

- INDIVIDUALLY WRAPPED SLICES OR CUBED CHEESES
- PROCESSED CHEESE FOOD PRODUCTS, CHEESE SPREADS, OR IMITATION CHEESES
- CHEESE WITH ADDED, NON-CHEESE INGREDIENTS OR FLAVORS SUCH AS JALAPEÑOS OR PEPPER FLAKES
- ORGANIC OR IMPORTED CHEESES
- DELI CHEESES OR FRESH MOZZARELLAS WITH WATER
- ANY SIZES OTHER THAN 16 OZ.

DAIRY YOGURT

Lowfat or Nonfat Yogurts - Choose from these **BRANDS** and **FLAVORS** only:

NONFAT AND LOWFAT YOGURT

32 OZ.
CONTAINERS ONLY



Best Choice

- Strawberry Lowfat
- Vanilla Lowfat
- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Plain Nonfat

- Blended Strawberry Lowfat
- Vanilla Lowfat
- Plain Lowfat
- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Light Vanilla Nonfat
- Plain Nonfat



- Lowfat Plain
- Lowfat Vanilla
- Nonfat Plain
- Nonfat Vanilla



- Greek Nonfat Plain
- Greek Nonfat Vanilla
- Greek Plain Lowfat
- Greek Strawberry Nonfat



- Greek Blueberry Nonfat
- Greek Plain Nonfat
- Greek Peach Nonfat
- Greek Vanilla Nonfat
- Greek Strawberry Nonfat



- Greek Plain Nonfat
- Greek Vanilla Nonfat



- Blueberry Lowfat
- Peach Lowfat
- Strawberry Lowfat
- Vanilla Lowfat
- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Light Plain Nonfat
- Light Strawberry Nonfat
- Light Vanilla Nonfat



- Strawberry Nonfat
- Strawberry Banana Nonfat
- Plain Lowfat
- Vanilla Lowfat
- Plain Nonfat



- Vanilla Nonfat
- Strawberry Lowfat
- Strawberry Banana Lowfat
- Vanilla Lowfat
- Peach Lowfat
- Plain Nonfat



- Lowfat Plain
- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Blended Lowfat Vanilla
- Lite Strawberry Nonfat
- Carbmaster Peach
- Carbmaster Strawberry
- Carbmaster Vanilla



- Greek Plain Nonfat
- Greek Vanilla



- Plain Lowfat
- Vanilla Lowfat



- Vanilla Nonfat
- Strawberry Nonfat
- Greek Vanilla Nonfat
- Greek Plain Nonfat



- Plain Nonfat
- Vanilla Nonfat
- Triple Zero Vanilla Nonfat
- Honey Nonfat
- Maple Nonfat
- Pro Plain Nonfat
- Triple Zero Strawberry Nonfat



- Plain Lowfat
- Greek Vanilla Nonfat
- Greek Honey Nonfat
- Vanilla Lowfat
- Peach Lowfat
- Strawberry Lowfat
- Vanilla Light Nonfat
- Greek Plain Nonfat



- Blueberry Lowfat
- Harvest Peach Lowfat
- Strawberry :pwfat
- Strawberry Banana Lowfat
- Vanilla Lowfat
- Plain Nonfat
- Greek Plain Nonfat
- Greek Vanilla Nonfat



- Greek Plain Nonfat
- Greek Vanilla Nonfat

Whole Milk Yogurts - Choose from these **BRANDS** and **FLAVORS** only:

WHOLE MILK YOGURT

Chobani

- Whole Milk Greek Plain

DANNON

- Whole Milk Plain
- Whole Milk Strawberry
- Whole Milk Vanilla

OIKOS

- Whole Milk Plain

FAREWAY

- Whole Milk Honey Salt Caramel Greek

food club

- Whole Milk Greek Vanilla

GOOD & GATHER

- Whole Milk Greek Honey Vanilla
- Whole Milk Greek Plain

Kroger

- Whole Milk Plain
- Whole Milk Vanilla
- Greek Whole Milk Plain
- Greek Whole Milk Vanilla

Lucerne DAIRY FARMS

- Whole Milk Plain
- Whole Milk Strawberry
- Whole Milk Vanilla

MOUNTAIN HIGH

- Whole Milk Plain
- Whole Milk Strawberry
- Whole Milk Vanilla

OPEN NATURE

- Whole Milk Greek Plain

Simply balanced

- Whole Milk Greek Plain
- Whole Milk Greek Honey



DO NOT BUY:

- **ORGANIC**
- **INELIGIBLE BRANDS OR FLAVORS**
- **DRINKABLE YOGURTS**
- **YOGURTS WITH MIX-IN INGREDIENTS SUCH AS GRANOLA, CANDY OR NUTS**
- **SIZES OTHER THAN 32 OZ.**

WIC SHOPPING TIP!

Please pay attention to the fat content type of yogurt you are eligible to purchase with your benefits. Benefits for whole milk yogurt may not be used to purchase eligible low and nonfat yogurts and vice versa.



PEANUT BUTTER

PEANUT BUTTER

Choose from **STORE BRANDS** only:

OKAY TO BUY:

- JARS THAT ARE 16-18OZ. IN SIZE
- CREAMY, CHUNKY, SMOOTH, OR CRUNCHY STYLES
- LOW-SUGAR OR REDUCED SUGAR
- LOW-SALT OR REDUCED SALT

DO NOT BUY:

- ORGANIC
- PEANUT BUTTER SPREAD
- NATURAL OR ALL-NATURAL VARIETIES
- ADDED INGREDIENTS SUCH AS HONEY, JELLY, CHOCOLATE
- OMEGA-3
- LOW-FAT OR REDUCED FAT



16-18 OZ. JARS

CANNED BEANS

Choose from **ANY BRAND**:

15-16 OZ. CAN

OKAY TO BUY:

- CANNED BEANS 15-16 OZ. IN SIZE
- ANY SINGLE VARIETY OF BEAN
- REGULAR SALT OR LOW OR REDUCED SALT VARIETIES

DO NOT BUY:

- ORGANIC
- BEANS WITH ADDED INGREDIENTS INCLUDING SEASONINGS, SAUCES, SUGARS, FATS, OILS, VEGETABLES, OR MEATS
- NATURAL OR ALL-NATURAL VARIETIES
- BAKED, REFRIED OR CHILI BEANS
- CANNED GREEN OR WAX BEANS



AND BEANS

GF V

DRIED BEANS

Choose from **ANY BRAND**:

OKAY TO BUY:

- BAGS 16OZ. IN SIZE ONLY
- ANY SINGLE VARIETY OF DRY PEAS, BEANS, OR LENTILS

DO NOT BUY:

- ORGANIC
- BAGS OF MIXED BEAN VARIETIES
- SOUP BEAN MIXES
- DRY BEANS WITH ADDED INGREDIENTS, SEASONINGS, OR FLAVORINGS

WIC SHOPPING TIP!

Your benefits for peanut butter and beans can be used to purchase either jars of peanut butter, bags of dry beans, or cans of prepared beans. One (1) jar of peanut butter equals one (1) bag of dry beans equals four (4) cans of beans.

- 1 JAR PEANUT BUTTER = ● 1 BAG OF DRY BEANS



=

- 4 CANS OF BEANS



WHOLE GRAINS

WHOLE WHEAT BREAD - Choose from these **BRANDS AND SIZES** only:



- 100% WW 16 oz.



- 100% WW 16 oz.



- 100 WW 16 oz.



- 100% WW Sandwich Thins 12 oz.



- 100% WW 16 oz.



- 100 % Whole Wheat 16 oz
- 100% Whole Wheat 24 oz.
- Round Top 100% WW 16 oz.
- Round Top 100% WW 24 oz.
- 100% Sandwich Slims 12 oz.
- 100 % WW Slider Buns 12 oz.
- 100% WW Hamburger Buns 14 oz.
- 100% WW Hot Dog Buns 13 oz.
- Market & Mill 100% WW 20 oz. and Artisan 20 oz.



- Sugar Free 100% Whole Grain 16 oz.
- 100% WW with Honey 16 oz.
- 100% Whole Wheat 20 oz.



- WW Hamburger Buns 16 oz.
- WW Hot Dog Buns 16 oz.
- Wide Pan 100% WW 24 oz.



- 100% WW 16 oz.
- 100% WW Country Style 24 oz.



- Stone Ground 100% WW 16 oz.
- Very Thin 100% WW 16 oz.
- 100% WW Cinnamon with Raisins Swirl 16 oz.
- Light Style 100% WW 16 oz.
- Whole Grain 100% WW 24 oz.
- Farmhouse 100% WW 24 oz.
- Thin Sliced Whole Grain 100% WW 22 oz.
- 100% WW Hamburger Buns 14.5 oz.



- 100% WW Wide Pan 24 oz.
- Sugar Free 100% WW Wide Pan 24 oz.
- Sugar Free 100% WW Extra Large Sandwich Rolls 21 oz.
- Sugar Free 100% WW Hot Dog Buns 15 oz.



- 100% WW 16 oz.
- 100% WW 20 oz.



- 100% WW Bread 16 oz.



- 100% WW 16 oz.



- 100% WW 16 oz.
- 100% WW 20 oz.

DO NOT BUY:

- ORGANIC
- BAKERY BREADS





WHOLE WHEAT BREAD AND TORTILLAS

TORTILLAS - Choose from these **BRANDS AND SIZES** only:



SOFT CORN TORTILLAS (YELLOW OR WHITE): **GF**

- Best Choice: 16 oz.
- Bueno: 8 oz.
- Candy's: 8 oz.
- Chi-Chi's: White Corn 16 oz.
- Fareway: White Corn 16 oz.
- Frescados: White Corn 16 oz.
- Guerrero: White Corn 16 oz.
- Hy-Vee: White Corn 16 oz.
- IGA: White Corn 16 oz.
- Kroger: Yellow Corn 16 oz.
- La Banderita: Yellow and White 16 oz.
- Grande: Corn 16 oz.
- La Burrito 8 oz.
- La Favorita 8 oz.
- Mama Lupe's: Taco Size 16 oz.
- Mission: Yellow Corn 16 oz. & White Corn 8 oz.
- Our Family: Yellow & White 16 oz.

WHOLE WHEAT TORTILLAS:

- Best Choice: 16 oz.
- Chi-Chi's: 16 oz.
- Fareway: 16 oz.
- Frescados: 16 oz.
- Food Club: 16 oz.
- Great Value: 16 oz.
- IGA: White Corn 16 oz.
- Hy-Vee: 16 oz.
- Kroger: 16 oz.
- La Banderita: 16 oz.
- Mama Lupe's: 16 oz.
- Market Pantry: 16 oz.
- Mi Mama's : Low Carb 8 oz.
- Mission: 16 oz. and Carb Balance 8 oz.
- Ortega: 16 oz.
- Our Family: 16 oz.
- Signature Kitchens or Select: 16 oz.

OKAY TO BUY:

- **YELLOW OR WHITE CORN OR WHOLE WHEAT TORTILLAS**
- **ONLY THESE APPROVED BRANDS AND SIZES**

DO NOT BUY:

- **ORGANIC**
- **WHITE FLOUR TORTILLAS OR MULTIGRAIN TORTILLAS**
- **TORTILLAS MADE FROM OR WITH INGREDIENTS OTHER THAN CORN OR WHEAT SUCH AS RICE OR VEGETABLES**
- **TORTILLAS WITH ADDED INGREDIENTS SUCH AS SUGARS, FATS, OILS, OR SALT**



WHOLE GRAINS

WHOLE WHEAT PASTA

Choose from these **BRANDS** only:



OKAY TO BUY:

- WHOLE WHEAT PASTAS FROM THESE BRANDS ONLY
- 16 OZ. SIZES

DO NOT BUY:

- ORGANIC
- PASTAS THAT ARE NOT WHOLE WHEAT
- PASTAS MADE FROM OR WITH RICE, QUINOA, FLAX, CORN, BEANS, OR VEGETABLES
- GLUTEN-FREE





BREAD, TORTILLAS, PASTA, BROWN RICE

BROWN RICE GF V

Choose from **ANY BRAND**:



OKAY TO BUY:

- **BOXED OR BAGGED BROWN RICE**
- **16 OZ. PACKAGES OF REGULAR COOKING BROWN RICE**
- **14-16 OZ. PACKAGES OF QUICK OR INSTANT COOKING BROWN RICE**

DO NOT BUY:

- **ORGANIC**
- **WHITE RICE OR ANY OTHER VARIETY OF RICE SUCH AS BLACK, RED, OR WILD RICE**
- **BROWN RICE WITH ADDED SEASONINGS, SUGAR, FATS OR OILS, OR SALT**



FRUITS & VEGETABLES

FRESH FRUITS & VEGETABLES **GF** **V**

OKAY TO BUY:

- **REGULAR OR ORGANIC**
- **ANY VARIETY OF FRESH OR FROZEN FRUIT OR VEGETABLES**
 - **WHOLE**
 - **PRE-CUT AND PACKAGED**
 - **BAGGED OR BOXED SALAD MIXES AND GREENS**
 - **PARTY TRAYS CONTAINING ONLY PRODUCE ITEMS**
 - **PUMPKINS AND OTHER SQUASHES MEANT FOR CONSUMPTION**





DO NOT BUY:

- **SALAD OR OLIVE BAR ITEMS**
- **HERBS OR SPICES**
- **DRIED FRUITS OR VEGETABLES**
- **CANNED OR JARRED FRUITS AND VEGETABLES**
- **NUTS**
- **DECORATIVE ITEMS SUCH AS LARGE PUMPKINS FOR CARVING AND GOURDS**
- **PREPARED PRODUCE WITH ADDED HERBS, SPICES, SEASONINGS, DIPS, OR SAUCES**
- **SALAD KITS WITH ADDED INGREDIENTS SUCH AS NUTS, DRIED FRUIT, CROUTONS, OR DRESSINGS**
- **PARTY TRAYS WITH NON-PRODUCE ITEMS SUCH AS DIPS**
- **FROZEN PRODUCE WITH ADDED INGREDIENTS SUCH AS SAUCES, SEASONINGS, SUGARS, GRAINS, MEATS, OR ANY INGREDIENTS THAT ARE NOT PRODUCE OR PRESERVING AGENTS**



WIC SHOPPING TIP!

You do not need to try to purchase the exact produce dollar amount on your eWIC card. If you go over your produce dollar amount on your eWIC card, you may pay for the overage with another form of payment. You may also ask that the produce in excess of your benefits be removed from your order.

BABY FOOD

FRUITS/VEGETABLES

FRUIT AND VEGETABLES



BEECH-NUT CLASSICS

AND NATURALS

- ALL FLAVORS
- 4 OZ. JARS

GERBER 1ST AND

2ND FOODS

- ALL FLAVORS
- 4 OZ. JARS
- 8 OZ. 2-PACKS

TIPPY TOES

- ALL FLAVORS
- 2-PACKS

OKAY TO BUY:

- SINGLE OR MIXED VARIETIES OF FRUITS OR VEGETABLES
- SINGLE, 4 OZ. CONTAINERS OR 2-PACKS EQUALING 8 TOTAL OUNCES
- BOTH 4 OZ. AND 2-PACK CONTAINERS AT ANYTIME. YOU ARE NOT LIMITED TO ONE OR THE OTHER

DO NOT BUY:

- ORGANIC
- FOODS WITH ADDED SUGARS, SALT, DHA, OR ARA
- INFANT FOODS WITH ADDED STARCHES INCLUDING CEREAL, RICE, PASTA, AND NOODLES OR INFANT FOODS WITH OTHER ADDED INGREDIENTS THAT ARE NOT A FRUIT OR VEGETABLE
- INFANT FOODS LABELED AS DINNERS OR DESSERTS
- INFANT FOODS IN POUCHES OR OTHER CONTAINERS

WIC SHOPPING TIP!



=



2 JARS

1 TWO-PACK

WIC food benefits for infant fruits and vegetables are provided as follows:

- One food benefit unit equals one 4 oz. container
- One 2-pack equals two 4 oz. containers

For example, if you have benefits for 32 units of infant fruits and vegetables, you may purchase up to 32 4 oz. containers or 16 2-packs (or any combination of 4 oz. singles and 8 oz. 2-packs)

CEREAL, MEATS, FORMULA

BABY CEREAL



BEECH-NUT
CLASSICS AND
NATURALS

- MULTIGRAIN
- OATMEAL
- SENSITIVE OATMEAL



GERBER 2ND
FOODS

- BARLEY
- MULTIGRAIN
- OATMEAL
- WHOLE WHEAT

OKAY TO BUY:

- ONLY THE SELECT BRANDS AND FLAVORS
- 8 OZ. CONTAINERS ONLY

DO NOT BUY:

- ORGANIC
- CEREALS WITH ADDED INGREDIENTS SUCH AS FRUITS, YOGURT, FORMULA, MILK, DHA, OR ARA
- CEREALS IN OTHER CONTAINERS NOT SPECIFIED

INFANT MEATS



BEECH-NUT

- ALL FLAVORS
- 2.5 OZ. JARS



GERBER 2ND FOODS

- ALL FLAVORS
- 2.5 OZ. JARS



TIPPY TOES

- ALL FLAVORS
- 2.5 OZ. JARS

OKAY TO BUY:

- SINGLE MEAT FLAVORS WITH BROTH OR GRAVY
- 2.5 OZ. CONTAINERS ONLY

DO NOT BUY:

- ORGANIC
- MEAT STICKS OR DINNERS
- INFANT MEATS WITH ADDED INGREDIENTS SUCH AS SUGAR, SALT, STARCHES, FRUITS, OR VEGETABLES

INFANT FORMULA

PURCHASE THE EXACT **BRAND, TYPE, AND SIZE** OF INFANT FORMULA AS LISTED IN YOUR BENEFITS.

NO SUBSTITUTIONS!

IF YOU WOULD LIKE TO PURCHASE A DIFFERENT FORMULA NOT LISTED IN YOUR BENEFITS, PLEASE CONTACT YOUR WIC CLINIC TO DISCUSS YOUR OPTIONS.

JUICE

Choose from these **BRANDS** and **FLAVORS** only:

100% JUICE - 64 OZ. ONLY  

OKAY TO BUY:

- ONLY THE BRANDS AND FLAVORS LISTED HERE
- SHELF STABLE JUICE ONLY
- 64 OZ. SIZE ONLY



- Apple
- Grape



- Apple
- Grape
- Pineapple
- Spicy Vegetable
- Tomato
- Vegetable
- White Grape

- Grapefruit
- Pineapple
- White Grape
- Just Juice: All Flavors



- Apple
- Apple Cider
- Berry
- Cherry
- Grape
- Grapefruit
- Pineapple
- Real Cherry
- Real Grape
- Real Punch
- Tomato
- Tomato plus Vitamin C
- Vegetable
- White Grape
- White Grapefruit



- Apple
- Grape
- Pineapple
- Tomato
- White Grape
- White Grapefruit



- Apple



- All juice flavors with the 100% Juice label



- Apple
- Cranberry
- Cranberry Grape
- Grape
- Tomato
- Vegetable
- White Grape
- White Grape Peach



- Apple
- Cranberry
- 100% Juice Grape
- Grapefruit
- 100% Juice Pineapple
- Vegetable
- Low Sodium Vegetable
- Spicy Vegetable
- White Grape
- White Grape Peach



- Tomato
- Low Sodium Tomato



- Apple
- Apple with Calcium
- Cranberry
- Cranberry Apple
- Cranberry Raspberry
- Grape



- Apple
- Grape
- Vegetable

Choose from these **BRANDS** and **FLAVORS** only:

100% JUICE - 64 OZ. ONLY  



- Apple
- Reduced Sugar Apple
- Cranberry Blend
- Grape
- Tomato
- White Grape



- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape



- Apple
- Apple Cranberry
- Apple Pineapple
- Apple Raspberry



- Apple
- Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Grape
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon



- Apple
- Apple Cider
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- White Grape



- Apple
- Apple Cider
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- Low Sodium Vegetable
- White Grape
- White Grapefruit



- Grape



- Apple



- Vegetable
- Low Sodium Vegetable
- Spicy Vegetable



- These 100% Juice flavors only:
- Black Cherry
- Concord Grape
- Grape
- Grape with Calcium
- Grape with Fiber
- Super Berry
- Red Grape
- White Grape
- White Grape Cherry
- White Grape Peach



DO NOT BUY:

- **ORGANIC**
- **REFRIGERATED JUICES**
- **JUICES WITH ADDED SUGAR**
- **"LITE" OR "DIET" JUICES**
- **JUICE DRINKS OR COCKTAILS**

JUICE FROZEN CONCENTRATE

100% Frozen Juice Concentrates: Choose from these **BRANDS** and **FLAVORS** only:

100% JUICE - FROZEN - NO SUGAR ADDED **GF** **V**



- Apple
- Orange (any variety)



- Apple
- Orange (any variety)



- Pineapple Orange



- Apple
- Orange (any variety)



- Apple
- Orange (any variety)



- Apple
- Grape
- Orange (any variety)



- Apple
- Orange (any variety)



100% Frozen Juice Concentrates: Choose from these **BRANDS** and **FLAVORS** only:

100% JUICE - FROZEN - NO SUGAR GF V

HyVee.

- Apple
- Orange (any variety)



- Apple
- Orange (any variety)



- Apple
- Grape
- Orange (any variety)
- Pineapple
- Pineapple Orange



- Apple
- Orange (any variety)



- White Grape
- White Grape Peach
- White Grape Raspberry



- Any 100% Juice Flavor with a Green Lid

OKAY TO BUY:

- ONLY THE BRANDS AND FLAVORS LISTED HERE
- ANY BRAND OF 100% ORANGE OR 100% GRAPE-FRUIT
- 11.5 - 12 OZ. IN SIZE

DO NOT BUY:

- ORGANIC
- FROZEN JUICE DRINKS, COCKTAILS, LIGHT OR DIET JUICES



CANNED FISH ^{GF}

Choose from **ANY BRAND**:

- Chunk light tuna
- Pink Salmon

OKAY TO BUY:

- 5 OZ. CANS OR LARGER (NET WEIGHT, NOT DRAINED WEIGHT)
- MULTIPACKS ARE ALLOWED. TOTAL PACK WEIGHT MUST BE AT LEAST 5 OZ. IN SIZE (UP TO 30 OZ. TOTAL)
- WATER OR OIL PACKED

DO NOT BUY:

- ORGANIC
- OTHER TUNA VARIETIES SUCH AS ALBACORE, CHUNK WHITE, OR SOLID WHITE TUNA
- OTHER SALMON VARIETIES SUCH AS RED OR SOCKEYE SALMON
- CANNED FISH WITH ADDED FLAVORS, SEASONINGS, OR OTHER INGREDIENTS
- FISH IN OTHER PACKAGING SUCH AS POUCHES OR CANS SMALLER THAN 5 OZ.





Your Clinic's Information:

Clinic Name, address, and phone number:





NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

This institution is an equal opportunity provider.