



# WIC 2016-2018

## Allowed Food Guide

This WIC Allowed Food Guide provides a quick look at the foods that are authorized for the Tennessee WIC Program.

Items in **GREEN** ARE **ALLOWED**

Items in **RED** ARE **NOT ALLOWED**

Questions? If you have any questions about the WIC allowed foods, please call us at: 1-800-342-5942, or visit our website at: [tn.gov/wic](http://tn.gov/wic)

This institution is an equal opportunity provider.

### fruits

**FRESH Fruits**  
Any Variety

- Whole fruits
- Cut fruits
- Organic OK

**NOT ALLOWED:**

- Salad bar items
- Party trays
- Fruit baskets
- Decorative fruits
- Nuts including peanuts
- Fruit/nut mixtures
- Dried Fruit

### FROZEN Fruits

Any Size  
Any Brand

- Any variety or mixture
- Plain fruit, no added sugar
- Any bag or box package
- Organic OK

**NOT ALLOWED**

- Sugar
- Artificial sweeteners
- No other ingredients

### vegetables

**Fresh Vegetables**  
Any Variety

- All fresh vegetables
- Whole vegetables
- Cut vegetables
- Plain bagged salad
- Plain bagged vegetables
- Organic OK

**NOT ALLOWED:**

- Salad bar items
- Party trays
- Decorative vegetables or pumpkins
- Nuts including peanuts
- Fruit/nut mixtures
- Spices, herbs
- Dried vegetables

### FROZEN Vegetables

Any Size  
Any brand

- Any plain variety
- Plain vegetable mixture
- Any package type
- Regular or low sodium
- Organic OK

**NOT ALLOWED:**

- Sugar
- No potato product shapes like French fries, hash browns or tater tots
- Added oils, fats or sugars (like dextrose)
- Added butter, fats, oils
- Sauces or cheese
- Mixtures with pasta, rice or other items

### milk

skim, fat free, low fat, 1%, sweet acidophilus 1%  
Gallons  
Any Brand

**Some vouchers may list**

- Whole milk
- Reduced fat 2% milk
- Lactose-free
- Ultra-high temperature (UHT)
- Nonfat dry milk
- Buttermilk
- Meyenberg Low Fat Goat Milk

**NOT ALLOWED:**

- Chocolate or Flavored milk
- Whole Goat's Milk
- Organic
- Low carb milk
- Glass bottled Milk

### soy milk

- Pacific Natural
- 8th Continent: Soymilk Original, Soymilk Vanilla (refrigerated half gallons)
- Silk: Original (refrigerated half-gallons and quarts)
- Must provide largest size available.

### cheese

8 or 16 oz packages  
Store Brand or Private Label only, unless none carried.

- Blocks
- Shredded or finely/fancy shredded
- Slices (Includes individually wrapped that is not cheese food, product or imitation)
- String or sticks
- Cubes
- Low sodium
- Low or reduced fat

- Ok to buy these cheeses or mixtures of them:
  - American
  - Cheddar (any type)
  - Colby
  - Monterey jack
  - Mozzarella
  - Muenster
  - Provolone
  - Swiss
  - Cabot brand when on FI

**NOT ALLOWED:**

- Processed cheese foods
- Grated cheese
- Organic cheese
- Cheese spread
- Cheese curds
- Added seasoning, peppers or other foods
- No deli cheese unless not sold elsewhere
- Imported cheese
- Parmesan
- Romano
- 7 oz reduced fat cheese

### yogurt

32 oz Tubs  
WIC Approved Brands Regular or Greek  
Any Flavor

- Chobani
- Dannon
- Lala
- Yoplait

**Store brand/Private Label**

- Great Value:
- Kroger
- Coburn Farms (Save-A-Lot)
- Food Lion
- Food Club
- Laura Lynn
- Morning Fresh Farms
- Taste of Inspirations:
- Essential Everyday (Supervalu)

**Whole fat brands in 32 oz tubs when on FI:**

- Chobani
- Dannon
- Great Value

**NOT ALLOWED:**

- Organic yogurt
- Artificial sweeteners (such as sucralose)
- Mix-in ingredients
- Drinkable yogurts
- Single serving containers
- 24 or 35.3 oz containers

### cereal

cold & hot

**COLD Cereals**

- 11 oz or larger
- General Mills**
- Cheerios: Regular, Multi-Grain, Ancient Grains
  - Chex: Corn, Rice, Wheat
  - Fiber One Honey Clusters
  - Kix: Regular, Honey, Berry Berry
  - Wheaties
  - Whole Grain Total
  - Dora the Explorer

**Kelloggs**

- All Bran: Complete Wheat Flakes
- Corn Flakes
- Crispix
- Mini Wheats: Frosted Little Bites, Unfrosted Bite Size, Frosted Original
- Rice Krispies
- Special K original
- Product 19

**MOM Brands**

- Crispy Rice
- Mini Spooners: Frosted, Strawberry Cream, Blueberry
- Oat Blenders: With Honey, With Honey & Almonds

**Quaker**

- Life
- Oatmeal Squares — Brown Sugar, Cinnamon, Vanilla

**Sunbelt Bakeries**

- Simple Granola Whole Grain

**HOT Cereals**

- Post**
- Great Grains: Banana Nut Crunch
  - Grape Nuts Original: Grape Nut Flakes
  - Alpha Bits
  - Bran Flakes
  - Honey Bunches of Oats (Almonds, Cinnamon Bunches, Honey Roasted, Vanilla Bunches, Whole Grain Almond Crunch
  - Honey Nut Shredded Wheat

**Store Brand/Private Label**

- Best Choice
- Essentials Everyday, Flavorite
- Food Club
- Great Value
- Hospitality
- Hytop
- IGA
- Jasper
- Kiggins
- Kroger
- Laura Lynn
- Market Pantry
- Food Lion
- Parade
- Publix
- Ralston
- Red & White
- Shurfine.
- Valu Time: Corn Flakes, Crispy Rice, Toasted Oats/Tasteo's/Happy O's
- Always Save: Toasted Oats, Crisp Rice
- Kessler: Corn Flakes

- Cream of Wheat: 1, 2 1/2 or 10 minute box of regular wheat, 2 1/2 minute box whole grain
- Cream of Wheat Original: 12 oz box of 12-1 oz packets
- Cream of Rice (14 oz box)
- Instant Oatmeal: Regular in 12-.98 oz packs
- Instant Quaker Grits in Regular Box or 12-1 oz packs - original, real butter

**MOM Brands**

- Original Hot Wheat
- Chocolate Hot Wheat
- CoCo Wheats

## eggs

Large Size Only  
Any Brand

- 1 (one) dozen

### NOT ALLOWED:

- Brown or specialty (including organic)
- Eggland's Best;
- Dried egg mix;
- Hard boiled

## dried beans, peas, lentils

16 oz bag  
Any Brand

- plain dried beans
- peas
- lentils

### NOT ALLOWED:

- Seasoning packets
- Organic
- soup mixes
- added ingredients

## canned beans

15-16 oz cans of plain beans

Includes garbanzo beans (chick peas), black-eyed peas, crowder peas and purple hull

- Added sugar
- reduced sodium
- baked (when on FI)

### NOT ALLOWED:

- Lima beans
- Green peas
- Green beans
- Snap beans
- Yellow beans or wax beans
- Added meat, sauces, spices, vegetables or fruits
- Soups
- Organic

## peanut butter

16-18 oz jar in glass or plastic  
Any Brand

- Creamy (smooth)
- Chunky (crunchy)
- Regular
- Reduced sodium
- Added vitamins

### NOT ALLOWED

- Reduced fat
- Peanut butter spreads
- Added marshmallows, honey, jelly, chocolate or similar ingredients
- Store ground
- Organic

## canned fish

Light Tuna  
5 or 6 oz cans  
Any Brand

- Pink or red salmon in 14.75 oz cans
- Sardines in 3.75 oz cans
- Jack mackerel in 15 oz cans

Any of the above may be with added sauces and flavorings, e.g., tomato sauce, mustard or lemon; oil or water packed; with bones or skin; regular or low sodium

### NOT ALLOWED

- Albacore tuna
- Yellowfin tuna
- King mackerel
- Smoked products
- Organic

## juice 100% Only

48 oz can or plastic  
Any Brand

- **Orange or grapefruit** (white, ruby red, or pink) labeled 100% juice and at least 120% vitamin C
- **Juicy Juice:** all flavors
- **Lucky Leaf:** apple
- **Northland:** Cranberry
- **Seneca:** apple

Frozen in these varieties:  
Any Brand  
11.5-12 oz size

- **Orange or grapefruit** (white, ruby red, or pink) labeled 100% juice and at least 120% vitamin C
- **Dole:** pineapple
- **Old Orchard:** apple, berry blend, grape, pineapple
- **Seneca:** apple
- **Welch's:** grape, white grape
- **Welch's:** white grape blends, cranberry, raspberry, peach

### NOT ALLOWED

- Fruit drinks or juice cocktails
- Juices other than flavors listed
- Diet juices
- Artificially-sweetened juices
- Organic juices
- Fresh-squeezed juices

64 oz plastic bottles  
Any Brand

- **Orange or grapefruit** (white, ruby red, or pink) labeled 100% juice and at least 120% vitamin C. Includes refrigerated
- **Campbell's Tomato Juice:** Regular, Low Sodium
- **Juicy Juice:** all flavors
- **Langer:** apple, pineapple w/vitamin c
- **Libby's:** pineapple juice
- **Lucky Leaf:** apple
- **Mott's:** apple original
- **Musselman's:** Apple
- **Northland:** Cranberry, Cranberry/Blackberry, Cranberry/Grape, Cranberry/Pomegranate, Cranberry/Raspberry
- **Old Orchard:** Apple, Apple/Cranberry, Berry Blend, Black Cherry/Cranberry, Blueberry/Pomegranate, Cranberry/Pomegranate, Grape, Kiwi/Strawberry, Peach/Mango, Wild Cherry

- **Seneca:** apple
- **V8 100% Vegetable Juice:** regular, low sodium
- **Welch's:** grape, white grape, red grape
- **White House:** Apple; Natural Apple

Allowed for all juices:  
Calcium fortified, blends

## bread

whole wheat/whole grain

Bread, Buns in  
16 oz

- **Arnold/Orowheat Select:** 100% whole wheat hamburger buns, 100% whole wheat hotdog buns
- **Bimbo:** 100% Whole Wheat Bread
- **Bunny:** 100% Whole Wheat Bread
- **Holsum:** 100% Whole Wheat Bread
- **Healthy Life:** Soft Style 100% Whole Wheat Buns, Soft Style, 100 % Whole Wheat Hotdog Buns
- **Nature's Own:** 100% Whole Wheat Bread with Honey
- **Pepperidge Farm:** Very Thin 100% Whole Wheat Bread, Stone Ground 100% Whole Wheat Bread
- **Roman Meal:** Sungrain 100% Whole Wheat Bread
- **Sara Lee:** Classic 100% Whole Wheat Bakery Bread, Soft & Smooth 100% Whole Wheat Hamburger Buns, 100% Whole Wheat Soft & Smooth Hot Dog Buns
- **Wonder:** 100% Whole Wheat Soft Bread

100% Whole Wheat Store Brand/Private Label Bread

- Best Choice
- Food Lion
- Great Value
- Grissom's Mill (Save-A-Lot)
- Kern's (Food City)
- Kroger

## brown rice bulgur cracked wheat

Unprocessed 16 oz packaging:

- Any brand of Oatmeal
- Whole grain barley
- All without added sugars, fats, oils or sodium in instant, quick or regular cooking

### NOT ALLOWED

- Pearled barley; organic

## tofu

Tofu 16 oz package (including organic)

- Nasoya, Silken
- Azumaya — Firm, extra firm

### Not allowed

- Added fats, sugar, oils or sodium
- Added seasonings

## tortillas

Whole Wheat in  
16 oz

- **La Banderita** (Whole Wheat)
- **Mission** (100% Whole Wheat)
- **Ortega** (Whole Wheat)

Whole Wheat Store Brand/Private Label:

- **Kroger** (whole wheat soft taco size)
- **Best Choice** (whole wheat soft taco size)
- **Tio Santi**
- **Laura Lynn**

Soft Corn  
16 oz package  
WIC Allowed  
Brands

- **Best Choice**
- **La Banderita** (white corn)
- **Mission** (yellow corn extra thin)
- **Shurfresh**

## pasta

100% Whole Wheat  
16 oz only  
WIC Allowed  
Brands  
Any shape

- **Barilla**
- **Hodgson Mill**
- **Gia Russa**
- **Ronzoni Healthy Harvest**

Store Brand/Private Label:

- **Essential Everyday** (Supervalu)
- **Shurfine**
- **Kroger**
- **Great Value**
- **Laura Lynn**

## infant foods

### formula

Brand, type and quantity listed

### infant cereal

Any grain (including whole wheat/whole grain) of 8 oz box of Beechnut, Gerber or Tippy Toes

### NOT ALLOWED

- With fruit or other non-cereal ingredients; organic; with DHA/ARA

### infant fruits

- **Stage 2 or 2nd Foods:** glass or plastic 4.0 oz jars
- **Beechnut-** Naturals OK
- **Gerber** (including twin packs)
- **Tippy Toes**
- **Single or mixed ingredients allowed**
- **Two or more** vegetables/fruits combined are allowed.

### NOT ALLOWED

- Dinners or added meat
- Added sugar, starches or sodium
- Added cereal
- Desserts (e.g. fruit cobbler)
- Organic
- With DHA/ARA
- No Fruit and Juice Blends

### infant vegetables

- **Stage 2 or 2nd Foods:** glass or plastic 4.0 oz jars
- **Beechnut-** Naturals OK
- **Gerber** (including twin packs)
- **Tippy Toes**
- **Single or mixed ingredients allowed**
- **Two or more** vegetables/fruits combined are allowed.

### NOT ALLOWED

- Dinners or added meat
- added sugar, starches or sodium
- added cereal
- organic
- with DHA/ARA
- meat and vegetable combinations

### infant meats

2.5 oz jars

- **Beechnut**
- **Gerber**
- **Tippy Toes**
- major ingredient of meat or poultry and added broth or gravy

### NOT ALLOWED

- Added sugars or sodium
- Combinations (e.g. meat and vegetables)
- Infant dinners (e.g. spaghetti and meatballs)
- Organic
- With DHA/ARA