

**TENNESSEE WIC FOOD LIST
OCTOBER 1, 2022 – SEPTEMBER 30, 2024**

(Current as of August 5, 2022, subject to additional changes prior to October 1, 2022.) NOTE: Due to the volume of items allowed, this is not an all-inclusive list of eligible products.

MILK

Fluid Milk (Gallon size/any brand) in the following:

Low fat (1%)
Fat-free (skim)
Sweet Acidophilus (1%)

ALLOWED WHEN LISTED ON BENEFITS:

Reduced fat (2%)
Whole milk (Ages 12-23 months only)
Lactose-free milk (Largest available size including quarts or half-gallons)
Ultra-high temperature milk (UHT)
Non-fat dry powdered milk
Buttermilk
Evaporated milk

NOT ALLOWED:

Chocolate milk
Goat Milk
Non-dairy beverages except soy beverage when allowed on benefits
Organic

CHEESE

The following are allowed in 8 or 16 oz packages up to the number of ounces stated on the benefits. They must be purchased in store brand/private label only unless store carries only dairy or national brands:

ALLOWED:

Block
Sliced (Includes individually wrapped NOT labeled cheese food, cheese product or imitation cheese) or
String, Stick, Shredded or Cubed of:
Mozzarella, Cheddar, Colby, Monterey Jack, Process American (Deluxe), Provolone, Swiss and Muenster
in 8 or 16 oz. size packages.
Blended cheeses of any of the above
Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol

NOT ALLOWED:

Added ingredients or seasonings
Flavored cheeses such as smoked
Cheese foods, spreads, or product
Imitation cheese
Imported cheese
Cheese from store delicatessen or cheese shop
Organic

TOFU

Allowed when specified on the benefits

Please Note: Eligible tofu must be calcium-set prepared with calcium salts (e.g. calcium sulfate) but may also contain other coagulants (e.g. magnesium chloride).

ALLOWED:

Organic

NOT ALLOWED:

Added fats, sugars, oils or sodium
“Seasoned Tofu”

ONLY THE FOLLOWING PRODUCTS IN 16 OZ. PACKAGES:

Nasoya: Silken, Super Firm

Azumaya: Firm, Extra-Firm, Silken

Franklin Farms: Extra Firm, Firm, Medium Firm, Soft

Greenwise: Silken

SOY BEVERAGE

ALLOWED WHEN SPECIFIED ON THE BENEFITS: Participant must choose between the two and then purchase the largest size available

Flavored or un-flavored
Refrigerated or non-refrigerated
Organic products

ONLY THE FOLLOWING BRANDS AND FLAVORS:

Pacific Natural - Ultra Soy Original (non-refrigerated)

8th Continent - Soymilk Original, Soymilk Vanilla in half-gallon (refrigerated)

Silk - Original in quarts and half-gallon (refrigerated)

Great Value: Original, Refrigerated Half-Gallons

EGGS

Dozen, Grade A large white eggs

NOT ALLOWED:

Brown eggs
Specialty eggs including those labeled organic
Dried egg mix or hard-boiled eggs

YOGURT

NATIONAL BRANDS IN LOW-FAT AND NON-FAT:

Activia – 4-Pack: Black Cherry, Blackberry/Blueberry Fusion, Blueberry, Cherry/Vanilla Fruit Fusion, Coconut/Pineapple, Peach, Peach Lactose Free, Peach/Mango Fruit Fusion, Prune, Strawberry, Vanilla, Vanilla Lactose Free

Chobani – 32 oz Tub: Nonfat Greek Vanilla, Nonfat Plain, Nonfat Strawberry, Peach, Plain; 4-Pack: Strawberry Banana, Strawberry

Dannon – Natural Flavors 32 oz Tub: Low-fat Vanilla, Low-Fat Plain, Non-Fat Plain, Nonfat Strawberry, Nonfat Strawberry Banana; Oikos 32 oz Tub: Plain 0%, Vanilla 0%, Triple Zero Vanilla, Fat Free Greek Plain, Nonfat Vanilla

Gogurt – Tubes: 32 oz – Any flavor

Lala – 32 oz Tub: Low-Fat Plain

Nuestra Cocina – 32 oz Tub: Plain low-fat

Prairie Farms – 32 oz Tub: Fat Free Greek

Yoplait – 32 oz Tub: Any flavor

STORE BRAND/PRIVATE LABEL IN LOW-FAT AND NON-FAT:

Best Choice – 32 oz Tub: Greek Nonfat Plain, Low-Fat Strawberry, Low-Fat Vanilla, Plain Nonfat, Nonfat Greek Vanilla

Coburn Farms (Save-A-Lot) – 32 oz Tub: Low-Fat Vanilla, Plain, Greek Nonfat, Vanilla Greek Nonfat; Tubes: 16 oz – Yo Whoa Cotton Candy/Melonberry, Yo Whoa Strawberry/Blueberry, Yo Whoa Watermelon/Strawberry

Crowley – 32 oz Tub: Fat Free Vanilla, Low Fat Plain

Essential Everyday (Supervalu) – 32 oz Tub: Blended Vanilla

Food Club – 32 oz Tub: Blended Strawberry Low-Fat, Greek Nonfat Plain, Greek Nonfat Strawberry, Blended Low-Fat Vanilla, Plain

Food Lion – Greek Non-Fat Plain, Greek Non-Fat Vanilla, Low-Fat Vanilla; Non-Fat Plain

Friendly Farms – 32 oz Tub: Plain, Vanilla Greek Nonfat

Great Value (Walmart) – 32 oz Tub: Low-Fat Vanilla, Strawberry, Strawberry Banana, Peach, Non-Fat Plain, Nonfat Vanilla, Nonfat Strawberry, Greek Non-Fat Plain, Greek Non-Fat Vanilla, Greek Non-Fat Strawberry; 16 oz tubes – Melonberry, Strawberry Banana

Kroger – 32 oz Tub: Low-Fat Plain, Vanilla; Non-Fat Plain, Greek Plain, Nonfat Greek Plain, Nonfat Greek Vanilla; 16 oz Tubes: Strawberry/Vanilla

Laura Lynn (Ingles) – 32 oz Tub: Greek Vanilla, Low-Fat Peach, Low-Fat Vanilla, Low-Fat Strawberry, Nonfat Plain Greek, Nonfat Plain

Market Pantry – 32 oz Tub: 1% Vanilla, Nonfat Plain

Morning Fresh Farms – 32 oz Tub: Low-Fat Vanilla; Non-Fat Plain

Simple Truth – 32 oz Tub: 2% Lowfat Greek Vanilla, Lowfat Greek Plain

Simply Balanced – 32 oz Tub: Plain Greek Nonfat, Vanilla Greek

Taste of Inspirations – 32 oz Tub: Greek Non-Fat Vanilla, Plain

NATIONAL BRANDS IN WHOLE FAT:

Dannon – Plain Natural; Oikos Plain 4%,
Strawberry, Vanilla

Chobani Greek – Plain 4%

STORE BRAND/PRIVATE LABEL IN WHOLE

FAT:

Food Club – Greek Whole Milk Vanilla, Whole
Milk Green Honey Vanilla

Food Lion – Greek Whole Milk Plain

Great Value (Walmart) – Greek Whole Milk

Karoun Dairies – Plain

Kroger – Plain, Vanilla, Greek Plain, Greek Vanilla

Tazah - Plain

FRUITS AND VEGETABLES

All fruits and vegetables are to be purchased with the fruit and vegetable Cash Value Benefits (CVB) except juices, dried beans or peas and canned beans which must be purchased with food benefits.

ALLOWED:

Any variety of...

Fresh whole or cut fruit without added sugars

Frozen fruits without added sugars, fats, oils, or salt (e.g., sodium)

Fresh whole or cut vegetables without added sugars, fats, oils, herbs, or spices

Frozen vegetables without added sugars, fats, oils, breading, herbs, or spices in regular or low sodium

For frozen fruits and vegetables, the fruit or vegetable must be listed as the first ingredient

Organic products

White potatoes, orange yams and sweet potatoes allowed in fresh or frozen

Broccoli, cauliflower and artichokes

NOT ALLOWED:

Edible blossoms or flowers [e.g. squash blossoms]

Dried vegetables

Ketchups or other condiments, pickled vegetables or olives

Soups

Fruit leathers or fruit roll-ups

Bundled packages of herbs or spices

Vegetable-grain [pasta or rice mixtures], breaded vegetables or creamed or sauced vegetables

Fruit/nut mixtures, fruit basket, party trays, or fruits or vegetables from salad bars

Peanuts or other nuts

Ornamental or decorative fruits or vegetables [e.g. chili peppers on a string, garlic on a string or gourds]

Foods containing fruits such as blueberry muffins and other baked goods

Home canned or home preserved fruits and vegetables

JUICES

ALLOWED:

Juices fortified with calcium

Juice blends

Grapefruit juice includes white, ruby red, and pink

NOT ALLOWED:

Sweetened juices, fruit drinks, or juice cocktails

Labeled organic
Bottle or carton juice from dairy case (except as noted below in 64 oz juice)
Added spices

48 OZ. CAN OR PLASTIC BOTTLE

Grapefruit - Any Brand (if labeled 100% Juice and at least 100% of Daily Requirement of Vitamin C)
Orange - Any Brand (if labeled 100% Juice and at least 100% of Daily Requirement of Vitamin C)
Cuties – Tangerine, Tangerine Orange/Pineapple
Juicy Juice - All Flavors
Harvest Classic – Apple,
Lucky Leaf – Apple
Market Pantry – Grape,
Northland – Cranberry
Parade – Apple, Grape, Orange/Mango, Orange/Pineapple, Pineapple, Pineapple/Mango, Vegetable, White Grape
Piggly Wiggly – Apple
Ruby Kist – Grape, Pineapple
Seneca – Apple
Shurfine – Apple, Grape
Welch's – Grape, White Grape

11.5/12 OZ. FROZEN

Grapefruit - Any brand (labeled 100% Juice and at least 100% of Daily Requirement of Vitamin C)
Orange - Any brand (labeled 100% Juice and at least 100% of Daily Requirement of Vitamin C)
Always Save – Apple
Best Choice - Apple
Dole – Pineapple, Pineapple/Orange, Pineapple/Orange/Banana
Food Club – Apple, Grape
Food Lion – Apple
Freedom's Choice - Apple
Great Value – Apple, Grape
Hy-Top – Apple
Kroger – Apple, Grape, Pineapple, Pineapple/Orange
Market Pantry - Apple
Old Orchard – Apple, , Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Peach Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Blend, Cranberry Pomegranate, Cranberry Raspberry, Grape, Pineapple, Pineapple Orange, Pineapple Orange Banana, Strawberry Rhubarb, White Grape
Parade - Apple
Seneca – Apple
Shurfine – Apple
Tipton Grove – Apple
Tree Top – Apple
Valu Time - Apple
Welch's – Grape, White Grape
Welch's White Grape Blends - Cranberry, Raspberry, Peach

64 OZ. PLASTIC BOTTLE

Grapefruit - Any brand (labeled 100% Juice and at least 100% of Daily Requirement of Vitamin C)
Orange - Any brand (labeled 100% Juice and at least 100% of Daily Requirement of Vitamin C) (includes refrigerated Orange Juice in 64 oz)
Always Save – Apple, Grape
Archer Farms – Apple Cider
Best Choice – Apple, Apple Cider, Berry, Cherry, Grape, Pineapple, Punch, Tomato, Vegetable, White Grape
Campbell's Tomato Juice - Regular, Low Sodium
Delsea Farms – Granny Smith Apple, Honey Crisp Apple
Diane's Garden – Vegetable

Essential Everyday – Apple
 Food Club – Apple, Cherry, Cranberry, Cranberry Grape, Grape, Pineapple, Tomato, Vegetable, White Grape
 Food Lion – Apple, Berry Blend, Cherry, Fruit Punch, Grape, Grapefruit, Tomato, White Grape, White Grape Peach
 Great Value – Apple, Cranberry Blend, Cranberry Grape, Tomato, Vegetable, White Grape, White Grape and Peach
 Hy-Top – Apple, Grape, Tomato, Vegetable, White Grape
 IGA – Apple, Grape, White Grape
 Indian Summer - Apple
 Juicy Juice - All flavors
 Langer – Apple, Apple/Cranberry, Apple/Grape, Apple/Orange/Pineapple, Harvest Apple Plus, Orange, Pineapple w/Vitamin C, Cranberry Plus
 Libby's – Pineapple
 Lucky Leaf – Apple
 Mott's – Apple Original, Apple/Cherry, Apple/White Grape
 Northland – Blueberry/Blackberry/Acai, Cranberry, Cranberry/Blackberry, Cranberry/Blueberry, Cranberry/Grape, Cranberry/Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Purple Power
 Musselman's – Apple
 Old Orchard – Apple, Apple/Cherry, Apple/Cranberry, Apple/Kiwi Strawberry, Apple/Peach/Mango, Apple/Raspberry, Apple/Strawberry/Banana, Berry Blend, Black Cherry/Cranberry, Blueberry/Pomegranate, Cherry Pomegranate, Cranberry/Pomegranate, Cranberry/Raspberry, Grape, Kiwi/Strawberry, Orange, Peach/Mango, Pineapple, Pineapple/Orange, Strawberry Watermelon, White Grape, Wild Cherry
 Seneca - Apple
 V8 100% Vegetable Juice -Regular, Low Sodium, Spicy Hot
 Welch's – Grape, White Grape, Red Grape, White Grape/Peach, White Grape/Raspberry
 White House – Apple; Natural Apple, Premium Apple

COLD CEREAL (11 oz. minimum package)

(Cereal with added pieces such as nuts or clusters is not recommended for children under 3)

(*) Indicates Whole Grain

General Mills

*Cheerios - Regular
 *Multi-Grain Cheerios
 *Whole Grain Total (Wheat)
 *Wheaties
 Blueberry Chex
 Cinnamon Chex
 Corn Chex
 Rice Chex
 *Wheat Chex
 *Kix - Regular
 *Honey Kix
 *Berry Berry Kix
 *Fiber One Original
 *Fiber One Honey Clusters

Kellogg's

*All-Bran Complete Wheat Flakes
 Rice Krispies
 Crispix
 Corn Flakes
 Product 19
 Special K Original
 *Mini Wheat's – Frosted Original

- *Mini Wheats – Frosted Little Bites
- *Mini Wheats – Unfrosted Bite Size
- Mini Wheats – Frosted Blueberry
- Mini Wheats – Frosted Strawberry

Post

- *Bran Flakes
- *Grape Nuts Flakes
- *Grape Nuts – Original
- Honey Bunches of Oats – Honey Roasted
- Honey Bunches of Oats - Almonds
- Honey Bunches of Oats – Cinnamon Bunches
- *Honey Bunches of Oats – Vanilla Bunches
- *Honey Bunches of Oats – Whole Grain Almond Crunch
- Honey Bunches of Oats – Whole Grain Vanilla Bunches
- *Honey Nut Shredded Wheat
- *Great Grains Banana Nut Crunch

Quaker

- *Life - Original
- *Oatmeal Squares – Brown Sugar
- Oatmeal Squares – Cinnamon
- Oatmeal Squares – Golden Maple
- Oatmeal Squares – Honey Nut

MOM Brands (Malt-O-Meal)

- Crispy Rice
- *Frosted Mini Spooners
- *Strawberry Cream Mini Spooners
- *Blueberry Mini Spooners
- Oat Blenders with Honey
- Oat Blenders with Honey & Almonds

STORE BRANDS/PRIVATE LABEL

Eligible Varieties (Package Size Must be at Least 11 oz):

- Corn Flakes
- Crisp Rice, Crispy Rice
- *Toasted Oats, Tasteo's, Rollin' Oats
- Bran Flakes
- Honey Oat Clusters

Please Note: Food List pamphlet will list specific brands

HOT CEREAL (11 oz. minimum package)

(Cereal with added pieces such as nuts or clusters is not recommended for children under 3)

(*) Indicates Whole Grain

B & G -- Cream of Wheat

- Cream of Wheat – Regular in 1 minute (box)
- Cream of Wheat – Regular in 2 ½ minutes (box)
- *Cream of Wheat – Whole Grain in 2 ½ minutes
- Cream of Wheat – Original (1 oz pks)
- Cream of Wheat – Original 10 Minute
- Cream of Wheat – Whole Grain 1 Minute
- Cream of Rice (14 oz box) – Instant, Original

Quaker Oats

*Instant Oatmeal – Regular (.98 oz pks)
Instant Grits – Original
Instant Grits – Quick 5 Minute
Instant Grits – Original (1 oz pks)
Instant Grits – Butter (1 oz pks)

MOM Brands (Malt-O-Meal)

Malt-O-Meal Original Hot Wheat
Malt-O-Meal Chocolate Hot Wheat
Malt-O-Meal CoCo Wheats

PEANUT BUTTER

16 oz. through 18 oz. Glass or Plastic Jar:

(Peanut Butter is not provided for children under the age of 2)

ALLOWED:

Creamy {Smooth} or Chunky {Crunchy} or Natural
Can be refrigerated or non-refrigerated
Salted or unsalted
Added vitamins

NOT ALLOWED:

Reduced fat
Spreads
Marshmallows, honey, jelly, chocolate or similar ingredients
Store ground
Organic

DRIED BEANS/PEAS

Any type of mature dry beans, peas or lentils in 16 oz. bag:

(Available varieties include, but not limited to black beans, black-eyed peas, garbanzo beans {chickpeas}, great northern beans, white beans {navy and pea beans}, kidney beans, mature lima beans {butter beans}, fava and mung beans, pinto beans, soy beans/edamame, split peas and lentils)

NOT ALLOWED:

Seasoning packets
Organic

CANNED BEANS

Any brand and variety of plain beans in 15-16 oz. cans:

(Also includes garbanzo beans {chickpeas}, black-eyed peas, crowder peas, and purple hull peas)

ALLOWED:

Products with small amount of added sugar
Products labeled reduced sodium

NOT ALLOWED:

Green peas, green beans, lima beans, snap beans, yellow beans, and wax beans
Added meat, sauces, spices, vegetables or fruits
Soups
Organic

CANNED FISH (LIGHT TUNA, SALMON and SARDINES)

Light Tuna:

Any brand in 5 oz. cans
(No Albacore or Yellowfin tuna)

Pink or Red Salmon:

Any brand in 14.75 oz. cans

Sardines:

Any brand in 3.75 oz. cans

Mackerel:

Any brand jack mackerel in 15 oz. cans
(No king mackerel)

For all of the above:

Added sauces and flavorings, e.g., tomato sauce, mustard, or lemon allowed
Packaging may include bones or skin
May be regular or lower in sodium
Can be oil or water packed
No smoked products
None labeled organic

WHOLE WHEAT BREAD/ WHOLE GRAIN BREAD/ AND OTHER WHOLE GRAIN PRODUCTS

Whole Wheat/Whole Grain Bread in 16 oz. Packaging:

Please Note: Eligible bread products must have whole wheat or whole grain as the primary ingredient by weight. Whole wheat products must have “whole wheat flour” and/or “bromated flour” as the only flours listed in the ingredients. Whole grain products must be labeled as a “whole grain food with moderate fat content”.

ALLOWED:

Seeds

NOT ALLOWED:

None can be purchased from in-store bakery
Sugar-free
Swirls such as cinnamon or honey
Added fruit or nuts, e.g., raisins
Labeled organic

ELIGIBLE BRANDS:

100% Whole Wheat: Arnold, Bunny, Lewis Bake Shop, Pepperidge Farm Very Thin Sliced, Roman Meal Sungrain, Sara Lee Classic Whole Wheat Bakery Bread, Wonder Soft, Nature’s Own with Honey, Holsum, Healthy Life

100% Whole Wheat Store Brand/Private Label: Food Lion, Best Choice, Kern’s (Food City), Kroger, Grissom’s Mill (Save-A-Lot)

Stone Ground 100% Whole Wheat: Pepperidge Farm

Whole Wheat/Whole Grain Buns, and Rolls in 16 oz Packaging:

Please Note: Eligible buns and rolls must have whole wheat or whole grain as the primary ingredient by weight. Whole wheat products must have “whole wheat flour” and/or “bromated flour” as the only flours listed in the ingredients. Whole grain products must be labeled as a “whole grain food with moderate fat content”.

ALLOWED:

Seeds

NOT ALLOWED:

None can be purchased from in-store bakery

Sugar-free

Swirls such as cinnamon or honey

Added fruit or nuts, e.g., raisins

English muffins or bagels

Labeled organic

ELIGIBLE BRANDS:

100% Whole Wheat Sandwich Buns: Healthy Life Soft Style

100% Whole Wheat Hamburger Buns: Arnold/Orowheat Select, Sara Lee Soft & Smooth

100% Whole Wheat Hot Dog Buns: Arnold/Orowheat Select, Healthy Life Soft Style, Sara Lee Soft & Smooth

Soft Corn and Whole Wheat Tortillas in 16 oz Packaging:

Please Note: Eligible tortillas must have the wheat or corn as the primary ingredient by weight. Whole wheat products must have whole wheat flour as the only flour listed in the ingredients. Corn products must be made from whole grain corn or ground masa flour (corn flour) and be labeled as a “whole grain food with moderate fat content”.

ELIGIBLE BRANDS:

Whole Wheat:

Azteca

Celia's

Chi Chi's – Whole Wheat Fajita Size

Don Pancho

Fit & Active

Food Club

Guerrero

Herdez

IGA

Market Pantry

Mi Casa

Mission - 100% Whole Wheat Restaurant Style; Fajita Size, Soft Taco Size

My Essential

Ortega – Whole Wheat

La Banderita - Whole Wheat

Whole Wheat Store Brand/Private Label:

Great Value – Whole Wheat

Kroger - 100% Whole Wheat Soft Taco Size

Best Choice - 100% Whole Wheat Soft Taco Size

Tio Santi Whole Wheat (Save-A-Lot)

Laura Lynn – Whole Wheat

Soft Yellow Corn/White Corn:

Chi Chi's – White Corn

Don Pancho – Corn, Whole Wheat

La Banderita - White Corn, Mission Yellow Corn Extra Thin

La Burrita – Corn

Laura Lynn – White Corn

Corn Store Brand/Private Label:

Best Choice

Shurfresh

100% Whole Wheat Macaroni (Pasta) in 16 oz Packaging:

Please note: Eligible macaroni (pasta) products must have “whole wheat flour” and/or “whole durum wheat flour” as the only flours listed in the ingredients. Other shapes and sizes that meet these requirements (e.g., whole wheat rotini and whole wheat penne) are also allowed.

NOT ALLOWED:

Added sugar, fats, oils or salt {e.g., sodium }

ELIGIBLE BRANDS:

Hodgson Mill – Spaghetti, Angel Hair, Thin Spaghetti, Whole Wheat Spirals, Elbow

Gia Russa - Angel Hair, Linguine, Penne Rigate, Roman Rigatoni, Rotini, Spaghetti

Barilla - Spaghetti, Penne, Angel Hair, Elbows, Linguine, Medium Shells, Rotini, Thin Spaghetti

Ronzoni Healthy Harvest – Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti

STORE BRAND/PRIVATE LABEL:

Allegra – Spaghetti

America's Choice - Spaghetti

Essential Everyday (Supervalu) – Spaghetti, Thin Spaghetti, Macaroni, Penne, Rotini

Food Club – Penne Rigate, Spaghetti

Shurfine – 100% Whole Wheat Spaghetti, Penne Rigate

Great Value – Elbow Macaroni, Linguine, Penne, Rotini, Spaghetti, Thin Spaghetti

Kroger – Thin Spaghetti, Spaghetti, Rotini, Penne Rigate

Laura Lynn – Penne, Rotini, Spaghetti

Other Whole Unprocessed Grains in 16 oz Packaging:

Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or salt.

ALLOWED: Can be instant, quick or regular cooking

NOT ALLOWED:

Pearled barley

Organic

INFANT FORMULA

The brand of standard infant WIC formula in Tennessee is determined through the state's competitive bid process. The currently available infant formula each participant is to receive will be stated on their benefits.

INFANT CEREAL

The following commercial brands in 8 oz. boxes: Beech-Nut, Gerber and Tippy Toes

ALLOWED:

Regular or whole wheat/whole grain

NOT ALLOWED:

Added ingredients such as infant formula, milk, fruit or other non-cereal ingredients

DHA or ARA

Organic

STORE BRAND/PRIVATE LABEL:

Home 360 – Oatmeal, Rice

Kroger – Oatmeal, Rice

Parent's Choice – Oatmeal, Rice

INFANT FRUITS

The following commercial brands of 1st (2 oz) and 2nd stage (4 oz) products consisting of single or mixed ingredients in 4 oz glass jars or plastic containers (twin packs): Beech-Nut, Gerber and Tippy Toes

NOT ALLOWED:

Added sugars, starches or sodium

Added cereal

Infant food desserts [e.g. fruit cobbler]

DHA or ARA

Organic

INFANT VEGETABLES

The following commercial brands of 1st (2 oz) and 2nd stage (4 oz) products consisting of single or mixed ingredients in 4 oz glass jars or plastic containers (twin packs): Beech-Nut, Gerber and Tippy Toes

NOT ALLOWED:

Added sugars, starches or sodium

Added cereal

Infant food desserts [e.g. fruit cobbler]

DHA or ARA

Organic

INFANT MEAT

The following commercial brands of meat or poultry as a single major ingredient, with added broth or gravy in 2.5 oz. jars: Beech-Nut (1st stage products), Gerber and Tippy Toes (2nd stage products)

NOT ALLOWED:

Added sugars or sodium

Infant food combinations [e.g. meat and vegetables]

Infant dinners [e.g. spaghetti and meatballs]

DHA or ARA

Organic

(08/05/22)