

# FOOD SHOPPING GUIDE

Last Updated October 2025

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## HELPFUL TECHNOLOGY

The Wyoming WIC Program offers the [WICShopper app!](#)



**FREE** to download



Allows you to register your card to see your current and future benefit balance and transaction history.



List of stores where you can shop in Wyoming



Scan items (except fresh produce\*) to see if they are WIC Approved



View the Wyoming WIC Food Shopping Guide

\*Scanning the barcode on fresh produce **does not confirm** if it's WIC Approved, however most fresh produce can be purchased with WIC benefits at the register.

If you need help with this app, please ask your local WIC clinic or call the WIC State Agency customer service line.

# TIPS FOR SHOPPING WITH WIC

✓ Use the My Benefits button in the WIC Shopper App to view your benefit balance. You can also ask for a Balance Inquiry receipt at the store before shopping or refer to your Ending Balance receipt from your previous shopping trip.

✓ Always swipe your eWIC card before any other form of payment.

✓ Your WIC foods **do not** need to be separated from the rest of your groceries.

✓ Store discount cards, coupons of any kind, or promotions are **allowed** and encouraged to be used with your WIC purchase.

✓ **NO SUBSTITUTIONS OR EXCHANGES ARE ALLOWED.** All WIC purchases are final, unless the item(s) purchased is expired or damaged.



## IF YOU NEED ASSISTANCE

• If an item you are trying to purchase with your WIC benefits does not scan as WIC **approved**, please provide the barcode and a description of the product to us as soon as possible by:

- Using the *I Couldn't Buy This* button in the WIC Shopper App; or
- Sharing pictures/product information with your local WIC clinic; or
- Emailing pictures/product information to [wdh-wywicvendor@wyo.gov](mailto:wdh-wywicvendor@wyo.gov)

• If you have problems at the grocery store, speak with the store manager to **resolve the problem**. If the manager is unavailable to resolve the problem, call your local WIC clinic or the WIC State Agency customer service line at 307-777-6236.

• If your local WIC clinic is closed during their normal business hours and you need assistance, contact the WIC State Agency customer service line Monday - Friday.



## DAIRY

### MILK

#### Buy:

- Any Brand

#### Sizes:

- gallons
- half gallons
- quarts



Children 1 to 2 years are issued **WHOLE MILK**

Children 2 to 5 years and women are issued **1% (LOW-FAT)** or **FAT FREE MILK**

When nutritionally indicated, children and women are issued **2% MILK** or **LACTOSE FREE 2% MILK**

#### Don't Buy:

- Added Calcium, Protein, or Other Nutrients
- Almond, Cashew, Coconut, or Rice Based Beverage
- Flavored/Sweetened

- Organic
- Other Sizes
- Raw/Unpasteurized

## SOY BEVERAGE

Choose from the following brands & flavors:

#### Buy:

#### Sizes:

- quarts
- half-gallons



**8th Continent**  
Refrigerated

- Original
- Vanilla



**Bettergoods**  
Refrigerated

- Original



**Great Value**  
Refrigerated

- Plain

#### Don't Buy:

- Almond/Cashew/Coconut Based Beverage
- Organic
- Other Brands/Flavors
- Rice Based Beverage



**Pacific Natural**  
Shelf Stable

- Ultra Soy Original
- Ultra Soy Vanilla



**Silk**  
Refrigerated

- Original

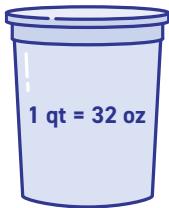
## YOGURT

### Buy:

- Any Flavor
- Greek or Regular

### Size:

- 32 Ounce Containers



Children 1 to 2 years are issued  
**WHOLE (Vitamin D) MILK YOGURT**

Children 2 to 5 years and women  
are issued **LOW-FAT (1%) OR  
NONFAT YOGURT (0%)**

Choose from the following brands:

### Best Choice

Best Choice



Brown Cow

### Chobani

Chobani

### DANNON

Dannon



Darigold

### Essential EVERYDAY

Essential  
Everyday



Fage



Food Club



Great Value



Kroger



LaLa



Light + Fit



Lucerne



Mountain High



Oikos



Open Nature



Our Family



Simple Truth



Tillamook



The Greek Gods



Two Good



Yoplait



ZOI

### Don't Buy:

- Drinkable
- Mix-In Ingredients (granola, candy pieces, honey, or nuts)
- Multi-Packs
- Organic
- Other Sizes
- Pouches/Tubes
- Reduced Fat 2% , 1.5%
- Ultra Filtered Milk
- Whipped

## CHEESE

### Buy:

- Any Brand of Domestic Cheese
- Regular/Reduced-Fat

### Sizes:

- 8 & 16 ounce packages

### Cheese Choices:

- Block
- String Cheese (Mozzarella)
- Shredded
- Sliced

Choose from the following types:

- Cheddar (all varieties)
- Cheddar-Jack
- Colby
- Colby-Jack
- Deluxe American Cheese Slices (not individually wrapped or block)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss



### Don't Buy:

- Added Ingredients (e.g., Pepper Jack)
- Bulk
- Cheese & Cracker Packs
- Cheese Food Products/Spreads
- Crumbles/Cubes/Curds
- Deli/Gourmet
- Individually Wrapped Sliced Cheese
- Imported Cheese
- Organic
- Other Blends/Types/Sizes

### Note:

Blends of two or more of the types of cheese listed above are allowed. For example, Shredded Mozzarella, Provolone, & Cheddar.

## PROTEIN

## BEANS & PEAS

### Buy:

- Any Brand
- Any Single Variety:
  - Beans
  - Fat-Free Refried Beans
  - Lentils
  - Peas (No Sweet)
- Regular/Low Sodium

### Don't Buy:

- Added Fat/Oil/Sugar
- Added Seasoning
- Baked Beans
- Beans with Meat
- Bulk
- Canned Sweet Peas
- Chili
- Green Beans
- Mixed
- Organic
- Other Sizes
- Snap Green
- Soup/Soup Mixes
- Wax/Yellow

### Sizes:

- 1 or 2 pound (16 or 32 oz) bag dried beans
- 15 to 16 ounce canned beans



Continued

## BEANS & PEAS (CONTINUED)

### Note:

If your WIC benefits show that you have 2 jarbag of "Beans/Peas/Peanut Butter" and you purchase 1 jar of peanut butter and 1 can of beans, your new ending balance would be .75 jarbag.

### HELPFUL TIP

#### Different ways to buy Beans/Peas/Peanut Butter

One item equals:



OR



OR



## PEANUT BUTTER

### Buy:

- Any Brand
- Chunky/Creamy/Crunchy/Extra Crunchy
- Natural
- Reduced Fat
- Reduced Salt
- Reduced Sugar

### Sizes:

- 16 to 18 ounce jars

### Don't Buy:

- Added Honey/Jelly/Marshmallow
- Organic
- Other Nut Butters
- Other Sizes
- Spreads
- Squeeze Bottles
- Whipped

## EGGS

### Buy:

- Any Brand
- Brown or White
- Cage Free
- Chicken
- Fresh
- Grade A or AA
- Medium, Large , Extra Large, and Jumbo
- Omega 3



### Sizes:

- 1 dozen

### Don't Buy:

- Egg Substitutes
- Free Range
- Hard Boiled
- Organic
- Other Counts
- Pasture Raised
- Specialty Eggs

## WHOLE GRAINS

### WHOLE WHEAT BREAD

#### Buy:

- 100% Whole Wheat
- Any Brand

#### Sizes:

- 16, 20, or 24 ounce packages



Women can get 16 ounce packages

Children can get 16, 20, and 24 ounce packages

**"100% Whole Wheat Bread" must be specified on the package**

#### Note:

First ingredient must be "Whole Wheat Flour"

#### Don't Buy:

- Bagels
- Bleached/Enriched Wheat Flour
- Deli/Bakery Bread
- Hamburger/Hot Dog Buns
- Light
- Organic

### HELPFUL TIP

Serve your little ones whole grain versions of their favorite bread, tortilla, or pasta. It's a simple way to help them eat more whole grains.

[wicworks.fns.usda.gov/resources/myplate-all-about-grains-group](http://wicworks.fns.usda.gov/resources/myplate-all-about-grains-group)

### WHOLE WHEAT PASTA

#### Buy:

- Any Shape (e.g. penne, spaghetti, rotini)

#### Sizes:

- 16 ounce packages

#### Note:

"Whole Wheat Flour" or "Durum Whole Wheat Flour" must be the only flour in the ingredient list.

#### Don't Buy:

- Added Fat/Oil
- Added Salt/Sugars
- Organic
- Vegetable Pasta

## WHOLE WHEAT PASTA (CONTINUED)

Choose from the following brands:



Barilla



Best Choice



Essential Everyday



Food Club



Gia Russa



Great Value



Hodgson Mill



Kroger



Our Family



Ronzoni



Signature Select

## BROWN RICE

### Buy:

- Any Brand
- Long/Short Grain
- Pre-Cooked/Parboiled

### Sizes:

- 14 ounce box (instant/boil-in-bag)
- 16 or 32 ounce bag (regular/quick cooking)

Women can get 14 and 16 ounce packages

Children can get 14, 16, and 32 ounce packages



### Don't Buy:

- Added Seasonings
- Dinners
- Individual Packets
- Mixes
- Organic
- Other Sizes
- Ready to Serve
- White/Red
- Wild (Black)

## HELPFUL TIP

Be ready to make quick and easy meals. Cook brown rice and store, tightly covered, in the refrigerator for up to 5 days, or in the freezer for up to 6 months.

-Nutrition Matters, Inc. WIC107R1

## WHOLE WHEAT TORTILLAS

### Buy:

#### Sizes:

- 16 ounce packages

Choose from the following brands:



Best Choice  
100% Whole Wheat  
Soft Taco



Chi-Chi's  
Whole Wheat Fajita  
Style



Don Pancho  
Whole Wheat Soft  
Taco



Essential Everyday  
100% Whole Wheat



Food Club  
Whole Wheat Fajita  
Style



Guerrero  
100% Whole Wheat  
Soft Taco



Kroger  
100% Whole Wheat  
Soft Taco



La Banderita  
100% Whole Wheat  
Fajita



La Favorita  
Whole Wheat



Mission  
100% Whole Wheat  
Fajita Style



Mission  
100% Whole Wheat  
Soft Taco



Ortega  
Whole Wheat



Our Family  
Whole Wheat Fajita  
Style



Our Family  
Whole Wheat Flour  
Soft Taco



Signature Select  
100% Whole Wheat  
Soft Taco

### Don't Buy:

- Other Brands/  
Flavors
- Other Sizes
- Organic
- Refrigerated
- Taco Shells
- Tostada Shells
- White Flour
- Wraps

## CORN TORTILLAS

### Buy:

- Soft
- White/Yellow

**Sizes:**

- 8 or 16 ounce packages

Choose from the following brands:



**Best Choice**  
Corn, 16 oz



**Don Pancho**  
White Corn, 16 oz



**Essential Everyday**  
White Corn, 16 oz



**Guerrero**  
White Corn, 16 oz



**Herdez**  
White Corn, 16 oz



**IGA**  
White Corn, 16 oz



**Kroger**  
Yellow Corn Gluten Free, 16 oz



**La Banderita**  
Corn, 16 oz



**La Burrita**  
Corn, 16 oz



**La Favorita**  
Corn, 8 oz



**Mission**  
Extra Thin Yellow Corn, 16 oz



**Our Family**  
White Corn, 16 oz



**Our Family**  
Yellow Corn, 16 oz

### Don't Buy:

- Organic
- Other Sizes
- Taco Shells
- Tostada Shells

## OATMEAL

### Buy:

- Regular and Quick Cooking Oats

**Sizes:**

- 16 or 32 ounce packages

Choose from the following brands and types:



**Avelina**

Quick Cooking Rolled Oats, 16 oz  
Old Fashioned Rolled Oats, 16 oz



**Mom's Best**  
Quick Oats, 16 oz  
Old Fashioned Oats, 16 oz



**Best Choice**  
Old Fashioned Oats, 16 oz  
Quick Oats, 16 oz



**Bob's Red Mill**  
Quick Cooking Rolled Oats, 16 oz  
Old Fashioned Rolled Oats, 16 oz  
Extra Thick Rolled Oats, 16 oz  
Instant Rolled Oats, 16 oz  
Quick Cooking Rolled Oats, 16 oz  
Old Fashioned Rolled Oats, 32 oz  
Quick Cooking Rolled Oats, 32 oz



**Our Family**  
Old Fashioned Oats, 16 oz  
Quick Oats, 16 oz



**Quaker**  
Crystal Wedding Oats, 16 oz  
Rolled Oats, 16 oz



**Hodgson Mill**  
Thick Cut Rolled Oats, 16 oz  
Quick Oats, 16 oz



**western family**  
Quick 1 Minute Oatmeal, 16 oz



# BREAKFAST CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

## OATMEAL

### Buy:

- Individual Packets
- Original/Regular Flavor

### Sizes:

- 9 to 36 ounce boxes

### Don't Buy:

- Other Brands
- Other Flavors
- Other Sizes
- Organic



Choose from the following brands and types:



Best Choice<sup>WG</sup>



Essential Everyday<sup>WG</sup>



Food Club<sup>WG</sup>



Great Value<sup>WG</sup>



Kroger<sup>WG</sup>



Our Family<sup>WG</sup>



Quaker<sup>WG</sup>



Signature Select<sup>WG</sup>

# HOT CEREAL

### Buy:

#### Sizes:

- 9 to 36 ounce packages

Choose from the following brands and types:

### B&G Foods



Cream of Wheat  
1 Minute



Cream of Wheat  
2 1/2 Minute



Cream of Wheat  
Instant



Cream of Wheat  
Whole Grain<sup>WG</sup>



Cream of Rice  
Instant<sup>GF</sup>

### Essential Everyday



Creamy Wheat

### Food Club



Creamy Wheat

### Malt-O-Meal



Chocolate Hot  
Wheat



Co Co Wheats



Original Hot  
Wheat

# COLD CEREAL

### Buy:

#### Sizes:

- 9 to 36 ounce packages

Choose from the following brands and types:

### General Mills



Cheerios-  
Original<sup>WG GF</sup>



Cheerios-Multi  
Grain<sup>WG GF</sup>



Cheerios Oat  
Crunch Berry<sup>WG</sup>



Cheerios Veggie  
Blends Apple  
Strawberry<sup>WG GF</sup>



Cheerios Veggie  
Blends Blueberry  
Banana<sup>WG GF</sup>

## COLD CEREAL (CONTINUED)

WG = WHOLE GRAIN

GF = GLUTEN FREE

### General Mills (continued)



Chex-Blueberry<sup>GF</sup>



Chex-Cinnamon<sup>GF</sup>



Chex-Corn<sup>GF</sup>



Chex-Rice<sup>GF</sup>



Chex-Vanilla<sup>GF</sup>



Chex-Wheat<sup>WG</sup>



Fiber One Honey Clusters<sup>WG</sup>



Kix<sup>WG</sup>



Kix-Berry<sup>WG</sup>



Kix-Honey<sup>WG</sup>



Total Whole Grain<sup>WG</sup>



Wheaties<sup>WG</sup>

### Kellogg's



All Bran Complete Wheat Flakes<sup>WG</sup>



Complete Bran<sup>WG</sup>



Corn Flakes



Crispix



Frosted Mini Wheats<sup>WG</sup>



Frosted Mini Wheats Blueberry Muffin<sup>WG</sup>



Frosted Mini Wheats Cinnamon Roll<sup>WG</sup>



Frosted Mini Wheats Cocoa<sup>WG</sup>



Frosted Mini Wheats Golden Honey<sup>WG</sup>



Frosted Mini Wheats Little Bites<sup>WG</sup>

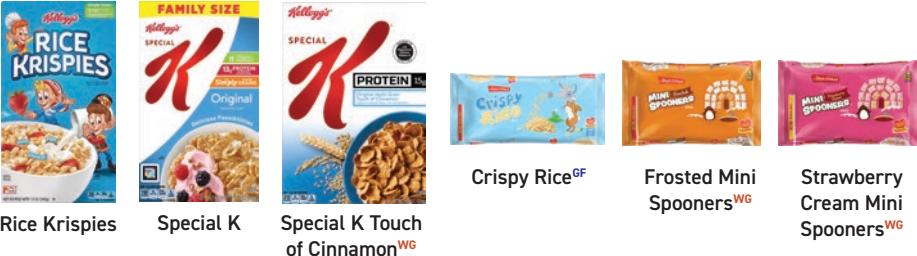


Frosted Mini Wheats Pumpkin Pie Spice<sup>WG</sup> (when available)



Frosted Mini Wheats Strawberry<sup>WG</sup> (when available)

### Malt-O-Meal



Rice Krispies



Special K



Special K Touch of Cinnamon<sup>WG</sup>



Crispy Rice<sup>GF</sup>



Frosted Mini Spooners<sup>WG</sup>



Strawberry Cream Mini Spooners<sup>WG</sup>

### Post



Grape Nuts Original<sup>WG</sup>



Grape Nuts Flakes<sup>WG</sup>



Great Grains Banana Nut Crunch<sup>WG</sup>



Great Grains Crunchy Pecan<sup>WG</sup>



Honey Bunches of Oats Almond



Honey Bunches of Oats Cinnamon Bunches

### Quaker



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Maple & Pecans



Honey Bunches of Oats Vanilla



Mom's Best Blueberry Wheatfuls<sup>WG</sup>



Life<sup>WG</sup>



Life-Strawberry<sup>WG</sup>



Life-Vanilla<sup>WG</sup>



Oatmeal Squares Cinnamon<sup>WG</sup>



Oatmeal Squares Golden Maple<sup>WG</sup>



Oatmeal Squares Brown Sugar<sup>WG</sup>



Oatmeal Squares Honey Nut<sup>WG</sup>

Continued

## COLD CEREAL (CONTINUED)

### Store Brands



#### Always Save

- Corn Flakes
- Crisp Rice
- Frosted Shredded Wheat<sup>WG</sup>
- Toasted Oats<sup>WG</sup>



#### Best Choice

- Bran Flakes<sup>WG</sup>
- Corn Crisps
- Corn Flakes
- Crisp Rice
- Crispy Corn & Rice
- Frosted Shredded Wheat Bite Size<sup>WG</sup>
- Frosted Shredded Wheat Maple & Brown Sugar<sup>WG</sup>
- Happy O's<sup>WG</sup>
- Honey Oat Clusters with Almonds
- Rice Crisps Squares<sup>GF</sup>
- Wheat Crisps<sup>WG</sup>
- Wheat Flakes



#### Essential Everyday

- Corn Flakes
- Crisp Rice
- Crispy Hexagons
- Crunchy Corn Squares<sup>GF</sup>
- Crunchy Rice Squares<sup>GF</sup>
- Crunchy Wheat Squares<sup>WG</sup>
- Frosted Shredded Wheat Bite Size<sup>WG</sup>
- Frosted Shredded Wheat Strawberry<sup>WG</sup>
- Honey Oats & Flakes
- Nutty Nuggets<sup>WG</sup>
- Toasted Oats<sup>WG</sup>
- Wheat & Bran Flakes<sup>WG</sup>



#### Food Club

- Bran Flakes<sup>WG</sup>
- Corn Flakes
- Corn Squares<sup>GF</sup>
- Crisp Rice
- Frosted Shredded Wheat Bite Size<sup>WG</sup>
- Frosted Shredded Wheat<sup>WG</sup>
- Honey and Oats w/Honey and Oat Clusters
- Honey and Oats w/Almonds
- Oatmeal Squares<sup>WG</sup>
- Rice Squares<sup>GF</sup>
- Strawberry Frosted Shredded Wheat<sup>WG</sup>
- Toasted Oats
- Twin Grain Crisp<sup>GF</sup>
- Wheat Squares<sup>WG</sup>



#### Great Value

- Bite Size Shredded Wheat<sup>WG</sup>
- Bran Flakes<sup>WG</sup>
- Corn Flakes
- Corn Squares<sup>GF</sup>
- Frosted Shredded Wheat<sup>WG</sup>
- Frosted Shredded Wheat Bite Size<sup>WG</sup>
- Rice Crispers
- Rice Squares<sup>GF</sup>
- Toasted Oats<sup>WG</sup>



#### IGA

- Bran Flakes<sup>WG</sup>
- Crispy Corn & Rice
- Crispy Rice
- Corn Flakes
- Corn Squares
- Frosted Shredded Wheat Bite Size<sup>WG</sup>
- Honey Oats and Flakes
- Nutty Nuggets<sup>WG</sup>
- Rice Squares
- Toasted Oats<sup>WG</sup>

WG = WHOLE GRAIN

GF = GLUTEN FREE



#### Signature Select

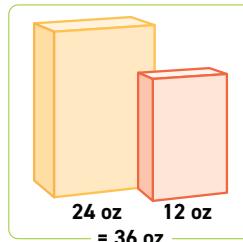
- Bran Flakes<sup>WG</sup>
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Frosted Shredded Wheat Bite Size<sup>WG</sup>
- Nutty Nuggets<sup>WG</sup>
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets
- Toasted Oats<sup>WG</sup>



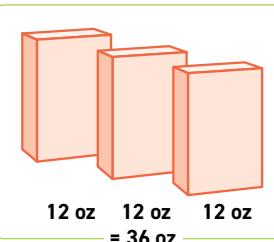
#### That's Smart

- Crisp Rice

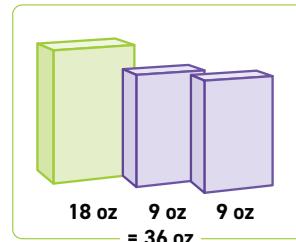
## Ways to Buy Up to 36 Ounces of Cereal



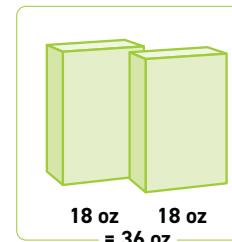
24 oz      12 oz  
= 36 oz



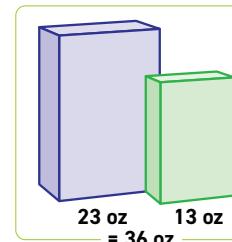
12 oz      12 oz      12 oz  
= 36 oz



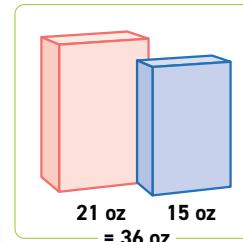
18 oz      9 oz      9 oz  
= 36 oz



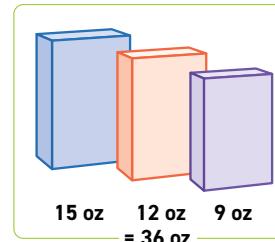
18 oz      18 oz  
= 36 oz



23 oz      13 oz  
= 36 oz



21 oz      15 oz  
= 36 oz



15 oz      12 oz      9 oz  
= 36 oz



#### Shopper's Value

- Corn Flakes



## FRUITS & VEGETABLES



- ✓ Buy produce in season for the best price and flavor.
- ✓ Frozen Fruits & Vegetables are often less expensive than fresh fruits and vegetables when they are not in season.
- ✓ You are allowed to purchase organic, but typically organic costs more and you may not get as much for your money.
- ✓ If the cost of your fruits & vegetables is more than the dollar amount on your card, you may put something back or pay the difference with another form of payment (SNAP, cash, or debit/credit card).
- ✓ Please let a store manager know, before your WIC purchase is done, if you are not able to purchase fruits or vegetables with your WIC benefits. The item may not be set up correctly in the grocery store system.

If the store could not resolve this, provide the barcode and a description of the product to us as soon as possible by:

- Using the *I Couldn't Buy This* button in the WIC Shopper App; or
- Sharing pictures/product information with your local WIC clinic; or
- Emailing pictures/product information to [wdh-wywicvendor@wyo.gov](mailto:wdh-wywicvendor@wyo.gov)

## FRESH OR FROZEN FRUITS & VEGETABLES

### Buy:

- Any Brand
- Any Package Type or Size
- Any Variety Fresh/Frozen Fruits & Vegetables
- Cut or Whole
- Fruit & Vegetable Mixtures
- Garlic, Ginger, Onions, Wheatgrass
- Salad Mixtures **Without** Dressing/Croutons/Nuts/Seeds
- Organic



### Don't Buy:

- Added Oils/Fats
- Added Sugar (including dextrose)/Artificial Sweeteners/Syrup
- Canned/Dried
- Decorative Fruits & Vegetables (Chili Peppers on a String, Garlic on a String, Edible Blossoms/Flowers, Gourds, or Painted Pumpkins)
- French Fries/Tater Tots • Fruit or Vegetable Baskets
- Herbs/Spices (Basil, Cilantro, Dill, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage, Thyme, etc.)
- Ingredients Other Than Plain Fruits & Vegetables
- Packages with Butter/Cheese/Cream/Croutons/Dips/Dressing/Nuts/Sauces
- Salad Bar/Deli Items

## 100% JUICE

### CHILD'S JUICE

#### Buy:

- Bottle/Carton/Plastic Jug
- Refrigerated
- Shelf Stable

#### Sizes:

- 64 ounce

#### Don't Buy:

- Added Sugar
- Artificial Sweeteners
- Cocktail Juices/Juice Drinks
- Organic
- Other Brands/Flavors
- Other Sizes

## 64 OUNCE - REFRIGERATED ORANGE JUICE

Includes with calcium, pulp, extra pulp, no pulp, etc.

Choose from the following brands:



Always Save



Essential Everyday



Food Club



Great Value



Hiland



Kroger



Land O Lakes



Our Family

## 64 OUNCE - SHELF STABLE JUICE

Choose from the following brands and flavors:

Always Save  
Apple  
Grape



Apple & Eve  
Apple  
Berry  
Cranberry  
Cranberry & More  
Cranberry Apple  
Cranberry Grape  
Cranberry Pomegranate  
Cranberry Raspberry  
Punch  
White Grape



Best Choice  
Apple  
Berry  
Cherry  
Grape  
Grapefruit  
Pineapple  
Punch  
Tomato  
Vegetable



## CHILD'S JUICE (CONTINUED)



Campbell's Tomato  
**Essential Everyday**  
 Apple  
 Apple with Calcium  
 Cranberry  
 Grape  
 Grape Blend  
 Orange  
 Pineapple  
 Punch  
 Vegetable  
 White Grape  
 White Grapefruit



**Food Club**  
 Apple  
 Grape  
 Orange  
 Pineapple  
 Tomato  
 Vegetable  
 Vegetable-Spicy  
 White Grape



**Freedom's Choice**  
 Apple  
 Grape  
 Tomato  
**Great Value**  
 Apple  
 Cranberry  
 Cranberry Grape  
 Cranberry  
 Pomegranate  
 Grape  
 Orange  
 Pear  
 Pineapple  
 Tomato  
 Vegetable  
 Vegetable Low Sodium  
 White Grape  
 White Grape Peach



**Hansen's Natural**  
 Apple



**IGA**  
 Apple  
 Grape  
 Grapefruit  
 Pineapple  
 Vegetable  
 White Grape



**Indian Summer**  
 Apple



**Juicy Juice**  
 Apple  
 Apple Raspberry  
 Berry  
 Cherry  
 Fruit Punch  
 Grape  
 Kiwi Strawberry  
 Mango  
 Orange Tangerine  
 Peach Apple  
 Strawberry Banana  
 Strawberry Watermelon  
 Tropical  
 White Grape



**Mott's**  
 Apple  
 Apple Cherry  
 Apple Mango  
 Apple White Grape  
 Fruit Punch  
 Pineapple Passion  
 Fruit  
 Strawberry Kiwi

## 64 OUNCE SHELF STABLE JUICE



**Kroger**  
 Apple  
 Apple Cider  
 Cranberry  
 Cranberry Cherry  
 Cranberry Grape  
 Grape  
 Grapefruit  
 Pineapple  
 Vegetable  
 Vegetable-Spicy  
 White Grape  
 White Grape Peach

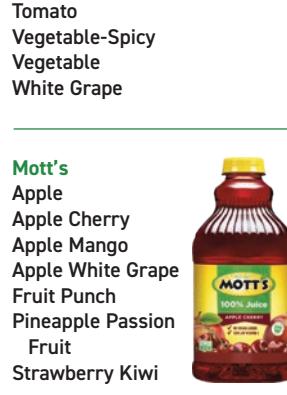


**Langers**  
 Apple  
 Apple Berry Cherry  
 Apple Cranberry  
 Apple Grape  
 Apple Harvest Plus  
 Apple Kiwi Strawberry  
 Apple Orange Pineapple  
 Apple Peach Mango  
 Berry Blend  
 Cranberry Plus  
 Cranberry Acai Plus  
 Cranberry Berry  
 Plus  
 Cranberry Grape  
 Plus  
 Cranberry  
 Raspberry Plus  
 Fruit Punch  
 Grape Plus  
 Orange



Pineapple  
 Pomegranate  
 Cranberry  
 Raspberry  
 Pomegranate Blueberry  
 Raspberry Blueberry

**Ocean Spray**  
 Cranberry  
 Cranberry Blackberry  
 Cranberry Cherry  
 Cranberry  
 Elderberry  
 Cranberry Grape  
 Cranberry Mango  
 Cranberry  
 Pineapple  
 Cranberry  
 Pomegranate  
 Cranberry Raspberry  
 Cranberry Watermelon



**Old Orchard**  
 Apple  
 Apple Cranberry  
 Berry Blend  
 Black Cherry  
 Cranberry  
 Blueberry  
 Pomegranate  
 Grape  
 Kiwi Strawberry  
 Orange  
 Orange Tangerine  
 Peach Mango  
 Red Raspberry  
 Strawberry Watermelon  
 Tart Cherry  
 White Grape  
 Wild Cherry



**Musselman's**  
 Apple

**Northland**  
 Blueberry Blackberry Acai



Cranberry  
 Blackberry  
 Cranberry Cherry  
 Cranberry Grape  
 Cranberry Mango  
 Cranberry  
 Pomegranate  
 Cranberry  
 Raspberry  
 Pomegranate Blueberry  
 Raspberry Blueberry



**Sam's Choice**  
 Apple  
 Cranberry  
 Cranberry Blackberry  
 Cranberry Cherry  
 Cranberry  
 Elderberry  
 Cranberry Grape  
 Cranberry Mango  
 Cranberry  
 Pineapple  
 Cranberry  
 Pomegranate  
 Cranberry Raspberry  
 Cranberry Watermelon



**Seneca**  
 Apple  
 Cranberry  
 Cranberry Blackberry  
 Cranberry Cherry  
 Cranberry  
 Elderberry  
 Cranberry Grape  
 Cranberry Mango  
 Cranberry  
 Pineapple  
 Cranberry  
 Pomegranate  
 Cranberry Raspberry  
 Cranberry Watermelon



**Signature Select**  
 Apple  
 Apple with Calcium  
 Cranberry Blend  
 Cranberry Grape  
 Cranberry  
 Raspberry  
 Grape  
 Grapefruit  
 Orange  
 Pineapple  
 Tomato  
 Vegetable  
 White Grape



**Smart Way**  
 Apple  
 Apple Cider  
 Cranberry  
 Cranberry Grape  
 Cranberry  
 Raspberry  
 Grape  
 Vegetable  
 White Grape



**That's Smart**  
 Grape  
 Cranberry  
 Orange  
 Ruby Red  
 Grapefruit  
 Vegetable  
 White Grape



**Tree Top**  
 Apple  
 Apple Berry  
 Apple Cranberry  
 Apple Grape  
 Orange Passionfruit  
 Pineapple Orange



**V8**  
 Vegetable  
 Vegetable-Spicy  
 Hot



**Welch's**  
 Concord Grape  
 Grape  
 Grape with  
 Calcium  
 Red Grape  
 White Grape  
 White Grape  
 Cherry  
 White Grape Peach

## WOMEN'S JUICE

### Buy:

#### Sizes:

- 11.5 to 12 ounce frozen & non-frozen concentrate
- 48 ounce shelf stable

### Note:

11.5 - 12 ounce juice concentrate must make 48 ounces when mixed with water per manufacturer's instructions.

## 48 OUNCE - SHELF STABLE JUICE

Choose from the following brands & flavors:

**Apple & Eve**  
Apple  
Cranberry  
Cranberry Apple  
Cranberry Raspberry



**Food Club**  
Apple  
Orange  
Orange Pineapple  
Pineapple



**Freedom's Choice**  
Apple



**Juicy Juice**  
Apple  
Cherry  
Fruit Punch  
Grape  
Kiwi Strawberry  
Orange Tangerine



### Don't Buy:

- Added Sugar/Artificial Sweeteners
- Cocktail Juices/Juice Drinks
- Juices with **no** Vitamin C
- Organic
- Other Brands/Flavors
- Other Sizes

## FROZEN

### 11.5 to 12 Ounce (Makes 48 Ounces)



**Always Save**  
Apple  
Orange



**Best Choice**  
Apple  
Orange  
Orange with Calcium



**Dole**  
Pineapple



**Essential Everyday**  
Apple  
Grape  
Orange  
Orange with Calcium  
Pineapple



**Food Club**  
Apple  
Grape  
Orange  
Orange with Calcium



**Freedom's Choice**  
Apple  
Orange  
Orange with Calcium



**Great Value**  
Apple  
Grape  
Orange  
Orange with Calcium



**IGA**  
Apple  
Orange  
Orange with Calcium



**Kroger**  
Apple  
Grape  
Grapefruit  
Orange  
Orange with Calcium  
Pineapple



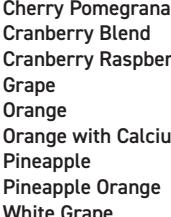
**Minute Maid**  
Orange  
Orange with Calcium



**Our Family**  
Orange  
Orange with Calcium



**Old Orchard**  
Apple  
Apple Cherry  
Apple Cranberry  
Apple Kiwi Strawberry  
Apple Peach Mango  
Apple Raspberry  
Apple Strawberry Banana  
Berry Blend  
Blueberry Pomegranate  
Cherry Pomegranate  
Cranberry Blend  
Cranberry Raspberry



**Seneca**  
Apple  
  
**ShurSaving**  
Orange



**Signature Select**  
Apple  
Berry Blend  
Cranberry Blend  
Grape  
Orange  
Orange with Calcium  
Pineapple



**Tropicana**  
Orange

# EXCLUSIVELY BREASTFEEDING

Fully breastfeeding moms, pregnant women with multiples, and fully breastfed infants receive extra food benefits.



## INFANT MEATS

### Buy:

- Any Brand
- Regular/Organic
- Single Meat with Broth or Gravy

### Sizes:

- 2.5 ounce jars

### Don't Buy:

- Added Salt/Sugar
- Dinners/Food Combinations (e.g., Macaroni & Beef)
- Meat Sticks
- Added Noodles/Pasta/Quinoa/Rice

## FISH

### TUNA



### Buy:

- Any Brand
- Light/Chunk Style/Water-Packed

### Sizes:

- 3, 5 or 6 ounce cans
- 2.5, 5 or 6 ounce pouches

### Don't Buy:

- Albacore/White/Yellow Fin/Other Specialty Tuna
- Flavored/Infusions/Seasoned
- Gourmet
- Lunch Kits
- Oil-Packed
- Organic
- Other Sizes
- Solid White

### SALMON



### Buy:

- Any Brand
- Pink/Water-Packed

### Sizes:

- 3, 5 or 6 ounce cans
- 2.5, 5 or 6 ounce pouches

### Don't Buy:

- Atlantic/Blueback/Coho/Red/Sockeye/Other Specialty Salmon
- Flavored/Seasoned
- Gourmet
- Oil-Packed
- Organic
- Other Sizes

# INFANT PRODUCTS

(For infants 6 to 11 months)



## INFANT FRUITS & VEGETABLES

### Buy:

- Any Brand
- Any Single Ingredient Fruit or Vegetable (e.g. Carrots, Banana)
- Any Combination of Fruits and/or Vegetables (e.g. Apple-Banana, Sweet Potato-Apple)
- Stages: First, Second and Third Infant Foods
- Containers: Glass, Plastic, and Multipack
- Regular, Organics, and Natural Product Lines

### Sizes:

- all sizes

### Brands:



Beech-Nut



Beech-Nut Naturals



Beech-Nut Organics



Earth's Best Organic



Gerber



Gerber Natural



Gerber Organic



Happy Baby Organics



O Organics



Parent's Choice



Simple Truth Organic



Tippy Toes

### Refrigerated Brands:



Tippy Toes Organic



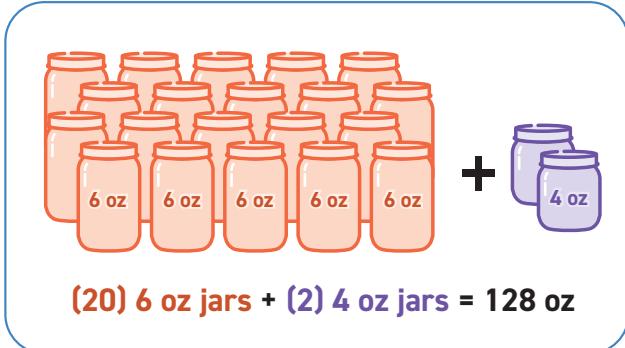
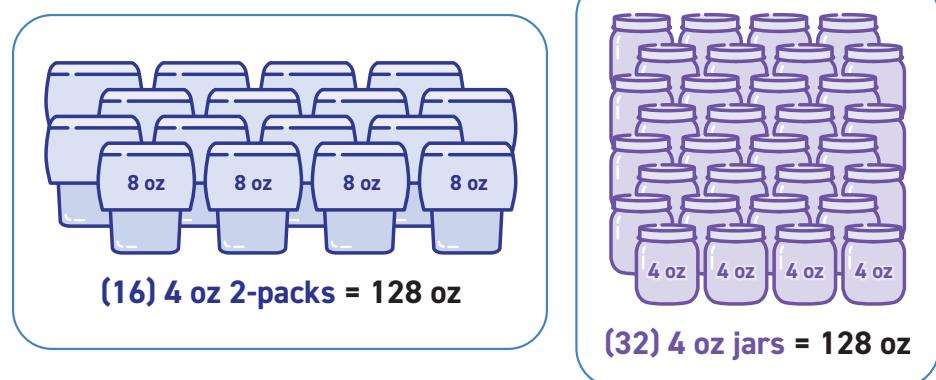
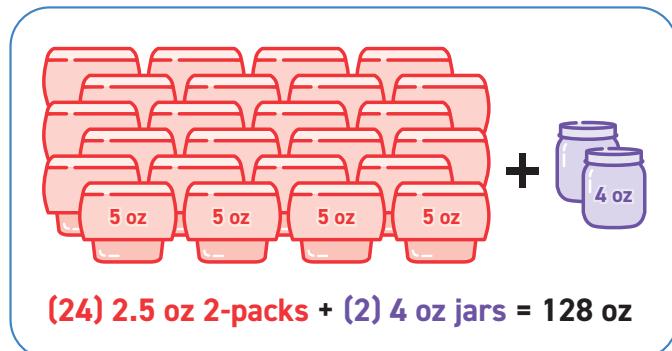
Wild Harvest Organic



Once Upon A Farm

## Ways to Buy 128 Ounces of Baby Food

Any combination is possible. Mix and match different sizes.



## INFANT CEREAL

### Buy:

- Dry
- Regular/Organic

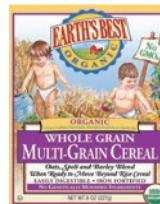
### Sizes:

- 8 or 16 ounce containers

### Don't Buy:

- Added Formula/Fruit/Yogurt/Vegetable
- Cereal in Cans/Jars
- Other Brands
- Other Grains
- Other Sizes
- Sensitive
- Single Serve Packets

Choose from the following brands & flavors:



Earth's Best  
Multigrain  
Oatmeal  
Rice



Gerber  
Multigrain  
Oatmeal  
Millet Quinoa  
Rice  
Whole Wheat



Parent's Choice  
Oatmeal  
Rice

## FORMULA

### Buy:

Only the Brand, Type, and Size listed on your WIC Benefits

**SUBSTITUTIONS ARE NOT ALLOWED.** When any WIC food, including formula, is defective, spoiled or has exceeded its "sell by" or "best if used by" date, an authorized store may provide an exchange for an identical authorized WIC food.

Call your local WIC clinic if your baby needs a different formula.



# WIC FRAUD OR ABUSE

NEVER SELL, TRADE, OR GIVE AWAY WIC FOODS.  
THIS IS CONSIDERED FRAUD.



Help put a stop to WIC Fraud. Please report any WIC participant or grocery store you suspect of buying or selling WIC EBT cards or WIC foods. To contact us:



Call  
**307-777-6236**



Complete the *Fraud & Abuse Reporting Form* found on our website at:  
[health.wyo.gov/publichealth/wic/report-wic-fraud/](http://health.wyo.gov/publichealth/wic/report-wic-fraud/)

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