

FOOD SHOPPING GUIDE

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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
- **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

Whole, 1% (Low-fat), or Fat Free Milk Choices:

- Fresh Pasteurized Cow's Milk
- Buttermilk
- Goat's Milk (canned, fresh, powdered)
- Lactose Free/Lactose Reduced
- Canned/Evaporated (12 ounce cans)
- Dry/Powdered (must reconstitute to 8 quarts)
- UHT/Shelf Stable (only in 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:

Only when listed on WIC benefits:

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

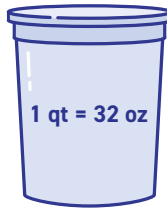
YOGURT

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:



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

Note:

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

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

PROTEIN

BEANS & PEAS

Buy:

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

Sizes:

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

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

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:



1 (16 oz) package dry beans

OR



4 cans of beans
(1 can = .25 units)

OR



1 jar peanut butter

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

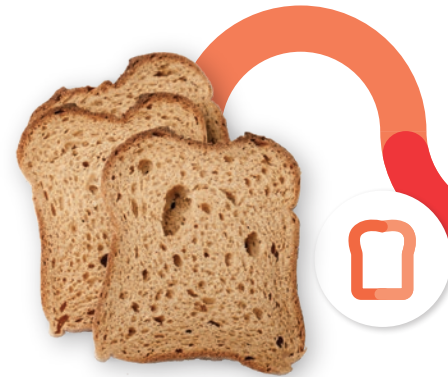
WHOLE WHEAT BREAD

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

Note:

First ingredient must be "Whole Wheat Flour"

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

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

WHOLE WHEAT PASTA

Buy:

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

Sizes:

- 16 ounce packages

Don't Buy:

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

Note:

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

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
- Mixes
- Ready to Serve
- Dinners
- Organic
- White/Red
- Individual Packets
- Other Sizes
- 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:

- 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
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

Don't Buy:

- Organic
- Taco Shells
- Other Sizes
- Tostada Shells

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



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



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



Hodgson Mill

- Thick Cut Rolled Oats, 16 oz
- Quick Oats, 16 oz

Don't Buy:

- Added sugar/salt
- Added fat/oil
- Organic



Mom's Best

- Quick Oats, 16 oz
- Old Fashioned Oats, 16 oz



Our Family

- Old Fashioned Oats, 16 oz
- Quick Oats, 16 oz



Quaker

- Crystal Wedding Oats, 16 oz
- Rolled 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^{WG}



Essential Everyday^{WG}



Food Club^{WG}



Great Value^{WG}



Kroger^{WG}



Our Family^{WG}



Quaker^{WG}



Signature Select^{WG}

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^{WG}



Cream of Rice
Instant^{GF}

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^{WG GF}



Cheerios-Multi
Grain^{WG GF}



Cheerios Oat
Crunch Berry^{WG}



Cheerios Veggie
Blends Apple
Strawberry^{WG GF}



Cheerios Veggie
Blends Blueberry
Banana^{WG GF}

Don't Buy:

- Other Brands
- Other Flavors/Types
- Other Sizes
- Organic

Don't Buy:

- Other Brands
- Other Flavors
- Other Sizes
- Organic

COLD CEREAL (CONTINUED)

WG = WHOLE GRAIN

GF = GLUTEN FREE

General Mills (continued)



Chex-Blueberry^{GF}



Chex-Cinnamon^{GF}



Chex-Corn^{GF}



Chex-Rice^{GF}



Chex-Vanilla^{GF}



Chex-Wheat^{WG}



Fiber One Honey Clusters^{WG}



Kix^{WG}



Kix-Berry^{WG}



Kix-Honey^{WG}



Total Whole Grain^{WG}



Wheaties^{WG}

Kellogg's



All Bran Complete Wheat Flakes^{WG}



Complete Bran^{WG}



Corn Flakes



Crispix



Frosted Mini Wheats^{WG}



Frosted Mini Wheats Blueberry Muffin^{WG}



Frosted Mini Wheats Cinnamon Roll^{WG}



Frosted Mini Wheats Cocoa^{WG}



Frosted Mini Wheats Golden Honey^{WG}



Frosted Mini Wheats Little Bites^{WG}



Frosted Mini Wheats Pumpkin Pie Spice^{WG} (when available)



Frosted Mini Wheats Strawberry^{WG}

Malt-O-Meal



Rice Krispies



Special K



Special K Touch of Cinnamon^{WG}



Crispy Rice^{GF}



Frosted Mini Spooners^{WG}



Strawberry Cream Mini Spooners^{WG}

Post



Grape Nuts Original^{WG}



Grape Nuts Flakes^{WG}



Great Grains Banana Nut Crunch^{WG}



Great Grains Crunchy Pecan^{WG}



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^{WG}



Life^{WG}



Life-Strawberry^{WG}



Life-Vanilla^{WG}



Oatmeal Squares Cinnamon^{WG}



Oatmeal Squares Golden Maple^{WG}



Oatmeal Squares Brown Sugar^{WG}



Oatmeal Squares Honey Nut^{WG}

COLD CEREAL (CONTINUED)

WG = WHOLE GRAIN

GF = GLUTEN FREE

Store Brands



Always Save

- Corn Flakes
- Crisp Rice
- Frosted Shredded Wheat^{WG}
- Toasted Oats^{WG}



Best Choice

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



Essential Everyday

- Corn Flakes
- Crisp Rice
- Crispy Hexagons
- Crunchy Corn Squares^{GF}
- Crunchy Rice Squares^{GF}
- Crunchy Wheat Squares^{WG}
- Frosted Shredded Wheat Bite Size^{WG}
- Frosted Shredded Wheat Strawberry^{WG}
- Honey Oats & Flakes
- Nutty Nuggets^{WG}
- Toasted Oats^{WG}
- Wheat & Bran Flakes^{WG}



Food Club

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



Great Value

- Bite Size Shredded Wheat^{WG}
- Bran Flakes^{WG}
- Corn Flakes
- Corn Squares^{GF}
- Frosted Shredded Wheat^{WG}
- Frosted Shredded Wheat Bite Size^{WG}
- Rice Crisps
- Rice Squares^{GF}
- Toasted Oats^{WG}



IGA

- Bran Flakes^{WG}
- Crispy Corn & Rice
- Crisp Rice
- Corn Flakes
- Corn Squares
- Frosted Shredded Wheat Bite Size^{WG}
- Honey Oats and Flakes
- Nutty Nuggets^{WG}
- Rice Squares
- Toasted Oats^{WG}



Kroger

- Crisp Rice
- Corn Flakes
- Frosted Shredded Wheat Strawberry Cream^{WG}
- Living Well^{WG}
- Nutty Nuggets^{WG}
- Oat Squares^{WG}
- Rice Bitz
- Toasted Oats^{WG}



Our Family

- Bran Flakes^{WG}
- Corn Biscuits
- Corn Flakes
- Crispy Hexagons
- Crisp Rice
- Crisp Rice Squares^{GF}
- Frosted Shredded Wheat^{WG}
- Toasted Oats^{WG}



Ralston

- Corn Biscuits^{GF}
- Corn Flakes
- Crispy Hexagons^{GF}
- Frosted Shredded Wheat^{WG}
- Rice Biscuits^{GF}
- Tasteos^{WG}
- Wheat Bran Flakes^{WG}



- Corn Flakes



Signature Select

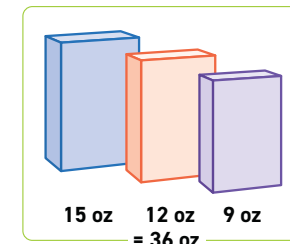
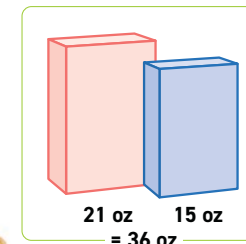
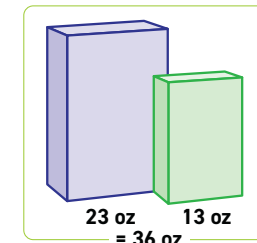
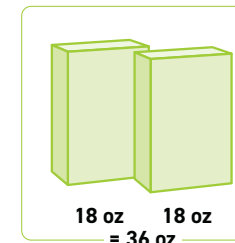
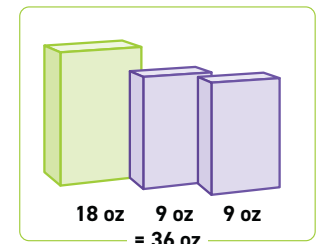
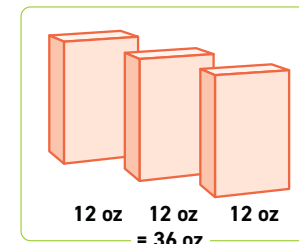
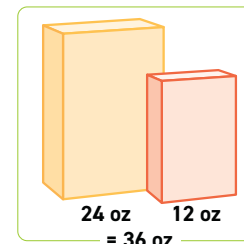
- Bran Flakes^{WG}
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Frosted Shredded Wheat Bite Size^{WG}
- Nutty Nuggets^{WG}
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets
- Toasted Oats^{WG}



That's Smart

- Crisp Rice

Ways to Buy Up to 36 Ounces of Cereal



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-wywicvender@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/Cartron/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



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
Pineapple Orange
Red Grape
Ruby Red Grapefruit
Tomato
Vegetable-Spicy
Vegetable
White Grape



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



Musselman's
Apple



Northland
Blueberry Blackberry Acai
Cranberry
Cranberry
Blackberry
Cranberry Cherry
Cranberry Grape
Cranberry Mango
Cranberry
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



Our Family
Apple
Apple Cider
Cranberry
Cranberry Grape
Cranberry
Raspberry
Grape
Vegetable
White Grape



Ruby Kist
Apple
Grape
Grapefruit
Orange
Ruby Red
Grapefruit
Vegetable
White Grape



Sam's Choice
Apple



Seneca
Apple



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



Smart Way
Apple



That's Smart
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.

Don't Buy:

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

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



Mott's

Apple
Fruit Punch
Strawberry Kiwi



Musselman's

Apple



Our Family

Pineapple



Ruby Kist

Apple
Grape
Orange
Pineapple
White Grape



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



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
Grape
Orange
Orange with Calcium
Pineapple
Pineapple Orange
White Grape



Seneca

Apple



ShurSave

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



Tippy Toes Organic



Wild Harvest Organic



Once Upon A Farm

Refrigerated Brands:

Ways to Buy 128 Ounces of Baby Food

Any combination is possible. Mix and match different sizes.



$$(24) 2.5 \text{ oz 2-packs} + (2) 4 \text{ oz jars} = 128 \text{ oz}$$



$$(16) 4 \text{ oz 2-packs} = 128 \text{ oz}$$



$$(32) 4 \text{ oz jars} = 128 \text{ oz}$$



$$(20) 6 \text{ oz jars} + (2) 4 \text{ oz jars} = 128 \text{ oz}$$

INFANT CEREAL

Buy:

- Dry
- Regular/Organic

Sizes:

- 8 or 16 ounce containers

Choose from the following brands & flavors:



Earth's Best
Multigrain
Oatmeal
Rice



Gerber
Multigrain
Oatmeal
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/

LEARN MORE ABOUT WYOMING WIC

Visit health.wyo.gov/publichealth/wic
for more information.

Find us on:



wyoming.wicresources.org



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