

FOOD SHOPPING GUIDE

Last Updated April 2026

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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 WICShopper 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 WICShopper 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.

100% JUICE

Buy:

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

Sizes:

- 59 to 64 ounces

Don't Buy:

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

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



Minute Maid



Our Family

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



SHELF STABLE JUICE (CONTINUED)

Campbell's



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



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-Original
Vegetable-Low
Sodium
Vegetable-Spicy
Hot



Welch's

Concord Grape
Grape
Grape with
Calcium
Red Grape
White Grape
White Grape
Cherry
White Grape Peach



BREAKFAST CEREAL



WG = WHOLE GRAIN

GF = GLUTEN FREE

COLD CEREAL

Buy:

Sizes:

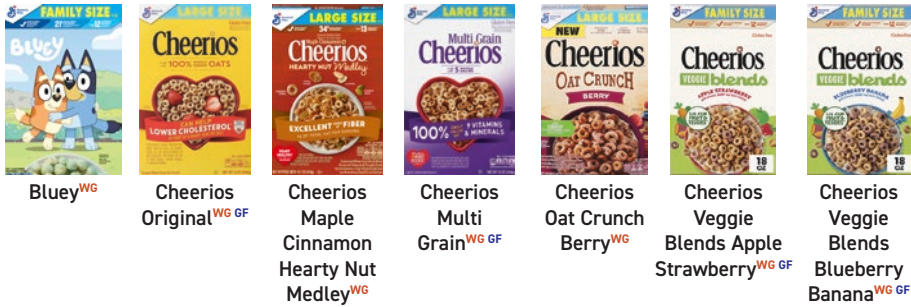
• 8 to 72 ounce packages

Don't Buy:

- Other Brands
- Other Sizes
- Other Flavors
- Organic

Choose from the following brands and types:

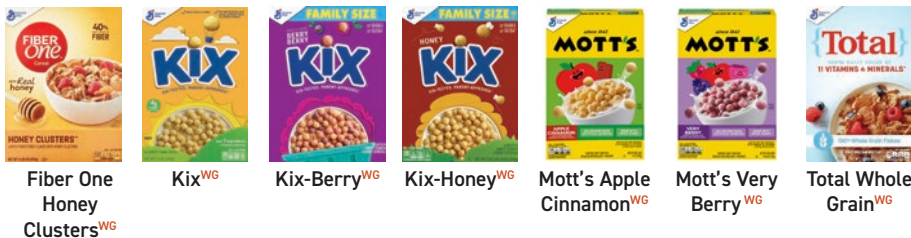
General Mills



Blueey^{WG} Cheerios Original^{WG GF} Cheerios Maple Cinnamon Hearty Nut Medley^{WG} Cheerios Multi Grain^{WG GF} Cheerios Oat Crunch Berry^{WG} Cheerios Veggie Blends Apple Strawberry^{WG GF} Cheerios Veggie Blends Blueberry Banana^{WG GF}

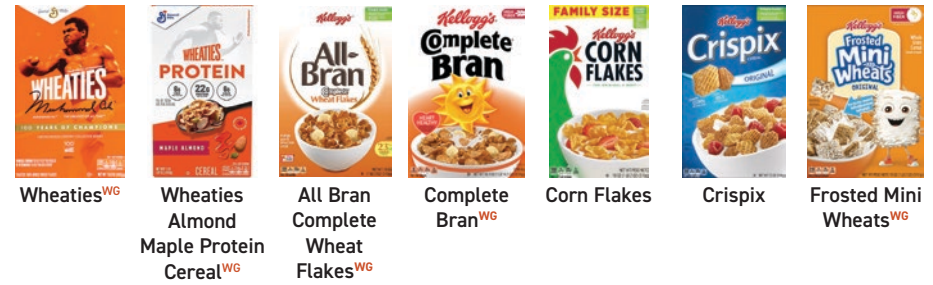


Chex-Blueberry^{WG GF} Chex-Cinnamon^{WG GF} Chex-Corn^{WG GF} Chex-Rice^{WG GF} Chex-Strawberry Vanilla^{WG GF} Chex-Vanilla^{WG GF} Chex-Wheat^{WG}

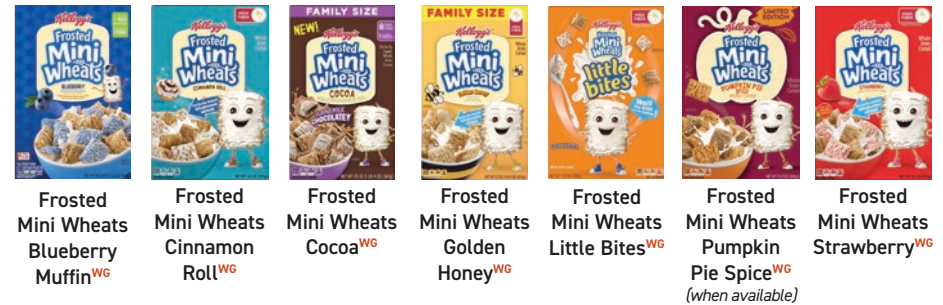


Fiber One Honey Clusters^{WG} Kix^{WG} Kix-Berry^{WG} Kix-Honey^{WG} Mott's Apple Cinnamon^{WG} Mott's Very Berry^{WG} Total Whole Grain^{WG}

Kellogg's

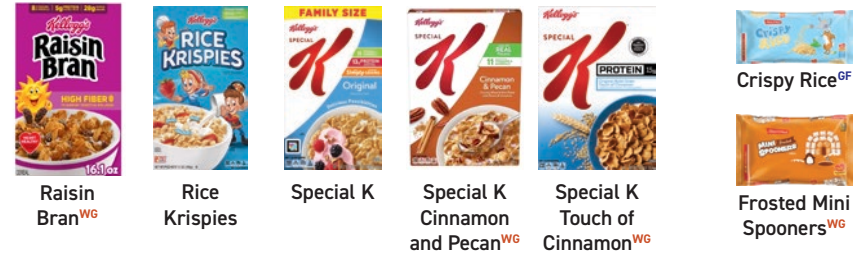


Wheaties^{WG} Wheaties Almond Maple Protein Cereal^{WG} All Bran Complete Wheat Flakes^{WG} Complete Bran^{WG} Corn Flakes Crispix Frosted Mini Wheats^{WG}



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



Raisin Bran^{WG} Rice Krispies Special K Special K Cinnamon and Pecan^{WG} Special K Touch of Cinnamon^{WG} Crispy Rice^{GF}



Frosted Mini Spooners^{WG}

Post



Strawberry Cream Mini Spooners^{WG} Raisin Bran^{WG} Grape Nuts Original^{WG} Grape Nuts Flakes^{WG} Great Grains Banana Nut Crunch^{WG} Great Grains Cranberry Almond Crunch^{WG} Great Grains Crunchy Pecan^{WG}

COLD CEREAL (CONTINUED)

WG = WHOLE GRAIN

GF = GLUTEN FREE

Post (continued)



Great Grains Raisins and Dates^{WG}



Great Grains Red Berry Almond Crunch^{WG}



Honey Bunches of Oats Almond



Honey Bunches of Oats Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Maple & Pecans



Honey Bunches of Oats Vanilla



Mom's Best Blueberry Wheatfuls^{WG}



Raisin Bran^{WG}



Life^{WG}



Mighty Life Strawberry Blueberry Bliss^{WG}



Mighty Life Very Vanilla^{WG}

Quaker



Oatmeal Squares Cinnamon^{WG}



Oatmeal Squares Golden Maple^{WG}

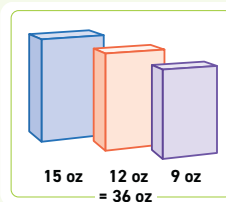
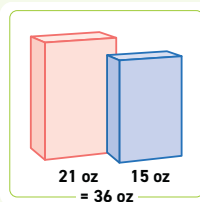
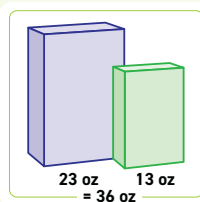
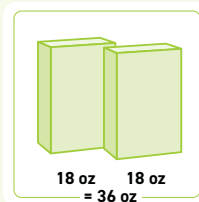
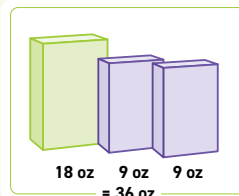
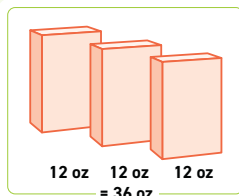
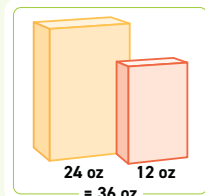


Oatmeal Squares Brown Sugar^{WG}



Oatmeal Squares Honey Nut^{WG}

Ways to Buy Up to 36 Ounces of Cereal



Store Brands



Always Save

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

Best Choice

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



Kroger

- Bran Flakes^{WG}
- 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
- Crispy 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}



Shopper's Value

- Corn Flakes

COLD CEREAL (CONTINUED)

WG = WHOLE GRAIN

GF = GLUTEN FREE

Store Brands



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

HOT CEREAL

Buy:

Sizes:

- 8 to 72 ounce packages

Choose from the following brands and types:

B&G Foods



Cream of Rice Instant^{GF}



Cream of Wheat 1 Minute



Cream of Wheat 2 1/2 Minute



Cream of Wheat Instant



Cream of Wheat Whole Grain^{WG}

Essential Everyday



Creamy Wheat



Creamy Wheat



Chocolate Hot Wheat



Co Co Wheats



Original Hot Wheat

Malt-O-Meal

Don't Buy:

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

OATMEAL

Buy:

- Individual Packets
- Instant
- Original/Regular Flavor

Sizes:

- 8 to 72 ounce boxes

Don't Buy:

- Other Brands
- Other Flavors
- Other Sizes
- Organic



Choose from the following brands:



Best Choice^{WG}



Food Club^{WG}



Great Value^{WG}



Kroger^{WG}



Our Family^{WG}



Quaker^{WG}



Signature Select^{WG}

DAIRY

CHEESE

Buy:

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

Sizes:

- 7 to 48 ounce (3 lb) packages

Cheese Choices:

- Block
- Sliced
- String Cheese
- Cubes
- Snack Bars (Mozzarella)
- Shredded
- Sticks

Choose from the following types:

- Cheddar (All Varieties)
- Monterey Jack
- Cheddar-Jack
- Mozzarella
- Colby
- Muenster
- Colby-Jack
- Provolone
- Deluxe American Cheese
- Swiss
- Slices (Not Individually Wrapped or Block)



Don't Buy:

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

Note:

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

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 and Fresh)
- 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
- Flavored/Sweetened
- Raw/Unpasteurized
- Almond, Cashew, Coconut, or Rice Based Beverage
- Organic
- Ultra-filtered
- Other Sizes

PLANT-BASED MILK ALTERNATIVES

Only when listed on WIC benefits:

Buy:

Sizes:

- Quarts
- Half-gallons
- 48 to 59 ounce containers



Choose from the following brands & flavors:



8th Continent Refrigerated

- Original
- Vanilla



Bettergoods Refrigerated

- Original



Great Value Refrigerated

- Plain



Pacific Natural Shelf Stable

- Ultra Soy Original
- Ultra Soy Vanilla



Ripple Kids Refrigerated

- Original, 48 oz
- Unsweetened Original, 48 oz



Silk Refrigerated

- Original
- Vanilla



Silk Kids

- Original, 59 oz

Don't Buy:

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

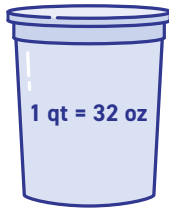
YOGURT

Buy:

- Any Flavor
- Greek or Regular

Size:

- 32 ounce Containers



Children 1 to 2 years old are issued:

- **Whole and Reduced Fat Yogurt**
- When nutritionally indicated, they may be issued **Reduced Fat and Nonfat yogurt.**

Children 2 to 5 years old and women are issued **Reduced Fat and Nonfat yogurt.**

Choose from the following brands:



Best Choice



Brown Cow



Chobani



Dannon



Essential Everyday



Fage



Food Club



Great Value



Kroger



LaLa



Light + Fit



Lucerne



Mountain High



Oikos



Our Family



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
- Ultra Filtered Milk
- Whipped

FISH



SALMON

Buy:

- Any Brand
- Pink/Water-Packed
- Cans and Pouches
- Oil-Packed

Sizes:

- 2.5 to 15 ounces



Don't Buy:

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

SARDINES

Buy:

- Any Brand
- Water-Packed
- Oil-Packed
- Smoke Flavoring
- Cans/Tins and Pouches

Sizes:

- 2.5 to 15 ounces



Don't Buy:

- Brisling
- Other Flavors/Infusions/Seasonings
- Organic
- Other Sizes
- Sustainably Wild Caught

TUNA

Buy:

- Any Brand
- Light/Chunk Style
- Water-Packed
- Cans and Pouches
- Oil-Packed

Sizes:

- 2.5 to 15 ounces



Don't Buy:

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

FRUITS, VEGETABLES, & HERBS



- ✔ 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 WICShopper App; or
- Sharing pictures/product information with your local WIC clinic; or
- Emailing pictures/product information to wdh-wywicvendor@wyo.gov

FRESH OR FROZEN

Buy:

- Any Brand
- Any Package Type or Size
- Any Variety Fresh/Frozen Fruits & Vegetables
- Cut or Whole
- Fruit & Vegetable Mixtures
- Garlic, Ginger, Onions, Wheatgrass
- Fresh Herbs/Spices (Basil, Cilantro, Dill, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage, Thyme, etc.)
- Salad Mixtures **Without** Dressing/CROUTONS/NUTS/SEEDS
- Fresh Refrigerated Salsa and Guacamole **Without** Dehydrated Produce as a Primary Ingredient
- 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
- Vegetables, Fruits, or Herbs Potted in Soil
- Packages with Butter/Cheese/Cream Cheese/CROUTONS/DIPS/DRESSINGS/NUTS/SAUCE
- Salad Bar/Deli Items

INFANT PRODUCTS

(For infants 6 to 11 months)

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.



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
Oatmeal Millet Quinoa
Rice
Whole Wheat



Parent's Choice
Oatmeal
Rice

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

Don't Buy:

- Added Cereal/Granola
- Added Cheese/Meat/Noodles/Pasta/Quinoa/Rice/Yogurt
- Added Salt/Spice/Sugar/Sweetener
- Cobblers/Custards/Desserts/Dinners
- When juice is used as a flavor
- Medleys
- Pouches

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

Ways to Buy 128 Ounces of Baby Food

Any combination is possible. Mix and match different sizes.



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



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



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



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

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

Note:

If your WIC benefits show that you have 2 packages of "Beans/Peas/Peanut Butter" and you purchase 1 jar of peanut butter and 1 can of beans, your new ending balance would be 0.75 package.

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

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

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
- 18 count

Don't Buy:

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



PEANUT BUTTER



Buy:

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

Sizes: 16 to 64 ounce jars

Don't Buy:

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

SUNFLOWER SEED AND ALMOND BUTTER

Only when listed on WIC benefits:

Buy:

- Almond Butter (Creamy, Crunchy)
- Sunflower Seed Butter (Original, No Sugar, Creamy, Crunchy)

Sizes: 12 to 18 ounce jars

Don't Buy:

- Flavored
- Added Honey
- Organic

Choose from the following brands:



Open Nature



Sam's Choice



Simple Truth



SunButter

TOFU

Only when listed on WIC benefits.

Buy:

Sizes: 16 ounce packages (1 lb)

Don't Buy:

- Other Sizes
- Organic

Choose from the following brands & types:



Azumaya
• Firm
• Extra Firm



House Foods
• Medium Firm
• Firm
• Extra Firm

WHOLE GRAINS

BARLEY

Buy:

- Any Brand
- Instant/Boil-In-Bag
- Regular/Quick Cooking

Sizes: 8 to 48 ounce packages

Don't Buy:

- Ready to Serve
- Organic
- Other Sizes
- Added Seasoning



BROWN / RED / WILD RICE

Buy:

- Any Brand
- Brown Jasmine
- Brown/Red/Wild Rice and Quinoa Blends
- Long/Short Grain
- Pre-Cooked/Parboiled
- Instant/Boil-In-Bag
- Regular/Quick Cooking

Sizes: 8 to 48 ounce packages

Don't Buy:

- Added Seasonings
- Dinners
- Individual Packets/Pouches
- Organic
- Other Sizes
- Ready to Serve
- White

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

CORN MASA FLOUR

Buy:

- Any brand
- Blue Corn
- Instant
- Yellow Corn
- White Corn

Sizes: 16 ounce (1 lb) to 64 ounce (4 lb) packages

Don't Buy:

- Organic
- Other Sizes



CORN TORTILLAS

Buy:

- Soft
- White/Yellow

Sizes: 8 to 48 ounce packages

Choose from the following brands:

Don't Buy:

- Organic
- Other Sizes
- Taco Shells
- Tostada Shells



Best Choice



Candy's



Don Pancho



Essential Everyday



Guerrero



Herdez



IGA



Kroger



La Banderita



La Burrita



La Favorita



Mission



Our Family



Santa Fe Tortilla Company

ENGLISH MUFFINS

Buy:

- 100% Whole Wheat
- Any Brand

Sizes: 12 to 48 ounce packages

Don't Buy:

- Organic
- Other Sizes
- Other Flavors

OATMEAL

Buy:

- Regular and Quick Cooking Oats
- Old Fashioned
- Extra Thick/Thick Cut Rolled Oats
- Instant

Sizes:

- 8 to 48 ounce packages

Don't Buy:

- Added Sugar/Salt
- Added Fat/Oil
- Individual packets
- Organic



Choose from the following brands:



Always Save



Avelina



Best Choice



Bob's Red Mill



Food Club



Great Value



Hodgson Mill



Kroger



Mom's Best



Our Family



Quaker



Signature Select



western family
Western Family



QUINOA

Buy:

- Any Brand
- Instant/Boil-In-Bag
- Regular/Quick Cooking
- Rice and Quinoa Blends

Sizes:

- 8 to 48 ounce packages

Don't Buy:

- Ready to Serve
- Organic
- Other Sizes
- Added Seasoning



WHOLE WHEAT BREAD AND BUNS

Buy:

- 100% Whole Wheat Bread
- 100% Whole Wheat Hot Dog Buns
- 100% Whole Wheat Hamburger Buns
- Any Brand

Sizes:

- 12 to 48 ounce packages

Don't Buy:

- Bagels
- Bleached/Enriched Wheat Flour
- Deli/Bakery Bread
- Light
- Organic



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

Note: First ingredient must be "Whole Wheat Flour"

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.

WHOLE WHEAT PASTA

Buy:

• Any Shape (e.g. Penne, Spaghetti, Rotini)

Sizes:

• 8 to 48 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.



Choose from the following brands:



Barilla



Best Choice



Essential Everyday



Food Club



Gia Russa



Great Value



Hodgson Mill



Kroger



Our Family



Ronzoni



Signature Select

WHOLE WHEAT TORTILLAS

Buy:

Sizes:

• 8 to 48 ounce packages

Don't Buy:

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

Choose from the following brands:



Best Choice



Chi-Chi's



Don Pancho



Essential Everyday



Food Club



Great Value



Guerrero



Kroger



La Banderita



La Favorita



Mission



Ortega



Our Family



Santa Fe Tortilla Company



Signature Select



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/

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