

WIC Approved Foods List Effective October 1, 2004
Only the following list of foods may be purchased with WIC vouchers

FOOD ITEM	BRAND OR TYPE		CONTAINER/PACKAGE SIZE	NOT ALLOWED
MILK PASTEURIZED	Least Expensive Brand Only Fat Free/Skim, Low Fat (1%), Reduced Fat (2%) or Whole Milk		One Gallon ONLY	<ul style="list-style-type: none"> ■ Flavored Milk ■ Buttermilk ■ Soy Milk ■ Rice Milk ■ Raw Milk (non-pasteurized milk)
	Powdered Milk		Makes 3 Quarts Makes 5 Quarts	
	Evaporated Milk		12 oz. Can	
	UHT - Ultra High Temperature Milk (If listed on voucher)		8 oz. or Half-Pint Box	
	Acidophilus, Enjoy, Lactaid, Lactaid 100 NUTRISH or Dairy Ease (Fat Free/Skim, Low Fat (1%), Reduced Fat (2%) or Whole Milk) (If listed on voucher)		One Gallon ½ Gallon 1 Quart Carton	
MEYENBERG GOAT MILK	Low Fat Milk or Whole Milk (If listed on voucher)		1 Quart Carton	
	Powdered Milk (If listed on voucher)		12 oz. Can (makes 3 quarts)	
	Evaporated Milk (If listed on voucher)		12 oz. Can	
	UHT Milk (If listed on voucher)		1 Quart Carton	
CHEESE Fat Free, Low Fat or 2% Allowed	Slices Any Brand (Wrapped or unwrapped)	American Swiss Cheddar	<ul style="list-style-type: none"> ■ Minimum Package Size is 9 oz. ■ String Cheese 12 ounce only. 	<ul style="list-style-type: none"> ■ Cheese Product ■ Flavored Cheese ■ Cheese Food ■ Shredded Cheese ■ Cheese Slices from Delicatessen ■ 8 oz. Package ■ Two 8 oz. Packages to equal 16 oz.
	Block Any Brand	American Cheddar Colby Monterey Jack Mozzarella Swiss (Combinations allowed i.e. Colby/Jack)		
	String Cheese	Mozzarella		

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EGGS	Least Expensive Brand Only		1 Dozen Carton Grade A Large ONLY	Any other size or quantity
DRIED PEAS/BEANS	Any Brand without Flavoring		1 lb. Package ONLY	<ul style="list-style-type: none"> ■ Any other size or quantity ■ Flavored Peas ■ Flavored Beans
CANNED PEAS/BEANS (Legumes Only)	Any Brand (If Listed on the Voucher)		14 to 16 oz. Can ONLY	<ul style="list-style-type: none"> ■ Any other size or quantity ■ Flavored Peas ■ Flavored Beans
PEANUT BUTTER	Any Brand Creamy, Crunchy or Extra Crunchy (Regular, Natural, Low-Salt or Reduced Fat)		18 oz. Jar ONLY	<ul style="list-style-type: none"> ■ Any other size or quantity ■ Marshmallow Added ■ Chocolate Added ■ Honey Spread ■ Jelly Added
INFANT FORMULA	As listed on front of the voucher		As listed on the front of the voucher	Formula not listed on the voucher
INFANT CEREAL (Boxes Only)	Brands: Beech Nut, Gerber or Del Monte Types: Rice, Barley, Oatmeal, Mixed		Dry Cereal in 8 oz. or 16 oz. Box	<ul style="list-style-type: none"> ■ Baby Cereal in Jars ■ Dry Cereal w/ Fruit added ■ Dry Cereal w/ Formula added
TUNA	Any Brand - Water Packed Only		6 oz. Can ONLY	Tuna packed in oil
CARROTS	Any Brand - Fresh (Whole)		1 lb Pre-sealed Plastic Bag	<ul style="list-style-type: none"> ■ Bulk, frozen, shredded or baby carrots
	Any Brand - Canned (Sliced, Medium-Cut) (If Listed on the Voucher)		14 to 16 oz. Can	
C E R E A L	Brand Name	Type	9 oz. Box or above, not to exceed the maximum amount listed on the voucher. Can mix and match sizes and types.	<ul style="list-style-type: none"> ■ 8 oz. box or less ■ Flavored Oatmeal ■ Flavored Grits ■ Any type, brand or variety of cereal other than the ones listed.
	General Mills	<ul style="list-style-type: none"> ■ Cheerios-Whole Grain Oat ■ Cheerios-Multi Grain ■ Corn Chex ■ Country Corn Flakes ■ Kix ■ Multi-Brand Chex ■ Rice Chex ■ Total Corn Flakes ■ Wheat Chex ■ Wheaties ■ Whole Grain Total 		

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<p>C</p> <p>E</p> <p>R</p> <p>E</p> <p>A</p> <p>L</p>	Brand Name	Type	<p>9 oz. Box or above, not to exceed the maximum amount listed on the voucher.</p> <p>Can mix and match sizes and types.</p>	<ul style="list-style-type: none"> ■ 8 oz. Box or less ■ Flavored Oatmeal ■ Flavored Grits ■ Any type, brand or variety of cereal other than the ones listed.
	Jim Dandy	Quick Grits - Iron Fortified		
	Kellogg's	<ul style="list-style-type: none"> ■ Complete Oat Bran Flakes ■ Complete Wheat Bran Flakes ■ Corn Flakes ■ Crispix ■ Mini Wheats- Frosted Bite-size or Big Bite ■ Mini Wheats - Raisin ■ Mini Wheats - Strawberry ■ Product 19 ■ Special K ■ Rice Krispies 		
	Malt-O-Meal	<ul style="list-style-type: none"> ■ Crispy Rice ■ Frosted Mini Spooners ■ Original Hot Wheat - 2 ½ Minute ■ Toasty O's 		
	Nabisco	<p>Cream of Wheat - Regular flavor</p> <ul style="list-style-type: none"> ■ 10 minutes ■ 2 ½ minutes ■ 1 minute ■ Instant 		
	Post	<ul style="list-style-type: none"> ■ Banana Nut Crunch ■ Bran Flakes ■ Grape Nuts or Grape ■ Honey Bunches of ■ Honey Bunches of 		
	Quaker	<ul style="list-style-type: none"> ■ Crunchy Corn Bran ■ Instant Grits ■ Instant Oatmeal - ■ King Vitamin ■ Life-plain ■ Oat Bran Ready to Eat ■ Quaker Squares Crunchy Oatmeal w/ Brown Sugar ■ Quaker Essential Oatmeal Squares 		

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<p style="text-align: center;">J U I C E 100% Juice Vitamin C Fortified and/or Calcium Fortified</p>	Brand Name	Type	<ul style="list-style-type: none"> ■ 46 oz. Ready to Serve Cans ■ 46 oz. Ready to Serve Plastic Bottles ■ 11.5 oz. or 12 oz. Frozen Concentrate <p style="text-align: center;">(5.5 oz. and 6 oz. CAN IS ALLOWED ONLY IF LISTED ON VOUCHER)</p>	<ul style="list-style-type: none"> ■ Juice drink ■ Fresh squeezed juice ■ Infant juice ■ Juice with sugar added ■ Sports drink ■ Cartons of Juice ■ Single Serving Size ■ V-8 Splash
	Least Expensive Brand Only	<ul style="list-style-type: none"> ■ Orange ■ Pineapple ■ Grapefruit ■ Tomato ■ 100% Vegetable Juice or 100% Vegetable Juice Cocktail 		
	Great Value	Apple		
	Hy-Top	Apple		
	Kroger	Apple		
	Lucky Leaf	Apple		
	Seneca (Red Label)	Apple		
	Shurfine	Apple		
	Thrifty Maid	Apple		
	White House	Apple		
	Welch's	<ul style="list-style-type: none"> ■ Grape ■ White Grape 		
	Seneca	<ul style="list-style-type: none"> ■ Grape ■ White Grape 		
	Old Orchard	All Flavors	12 oz. Frozen Concentrate ONLY	
	Libby's Juicy Juice	All Flavors	<ul style="list-style-type: none"> ■ 46 oz. Cans ■ 46 oz. Plastic Bottles 	
	Welch's (Blends)	<ul style="list-style-type: none"> ■ White-Grape-Raspberry ■ White-Grape-Cranberry ■ White-Grape-Peach ■ White-Grape-Pear 	11.5 oz. Frozen Concentrate	
Dole	<ul style="list-style-type: none"> ■ Pineapple Orange ■ Pine-Orange Banana 	12 oz. Frozen Concentrate		
Libby's Juicy Juice	All flavors	11.5 oz. Non-frozen pourable concentrate		
Welch's	All flavors			
<p>The Georgia WIC Approved Food List will remove calcium-fortified juice from the INELIGIBLE ITEMS. But it will additionally not be highlighted as a juice on the approved food list. If the CPA determines a possible benefit to include calcium-fortified juice in the food package, that client can be instructed to purchase calcium-fortified juices. The vendor manual and training will indicate calcium-fortified juices that meet federal regulation above may be included in any food package (types, least expensive where appropriate, and container sizes all apply). Calcium-fortified juices are currently available in limited flavors and package sizes.</p>				