

WIC Shopping Tips

- Make sure the foods you buy with your WIC Bridge Card are WIC authorized
- For easier checkout, group your WIC foods together
- Choose lower priced foods when you shop
- Manufacturers' and cents-off coupons may be used with your WIC Bridge Card
- Store promotions may be used with your WIC Bridge Card

About your MI WIC Bridge Card

- See your Michigan WIC Cardholder Training Brochure for important information
- If you have problems or questions call 1-888-678-8914 or visit www.ebt/acs-inc.com
- WIC foods cannot be purchased before the Starting Date or after midnight Eastern Standard Time on the Expiration Date of your WIC benefit period



WIC Fraud or Abuse Line

1-800-CALL-WIC

You have the right to complain about improper practices.

For questions about WIC foods or your next appointment contact your local WIC office.

Your Rights

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Michigan WIC Food List

Allowed Food Guide



Effective March 1, 2011


WIC
...Making Life Better

Michigan Department
of Community Health



Rick Snyder, Governor
James K. Haveman, Director

Authority: P.A. 368 of 1978 • DCH-0237 • Rev 1/13
MDCH is an Equal Opportunity Employer, Services
and Programs Provider. 100,000 printed at \$.108
cents each with a total cost of \$10,815.50.

MILK

No organic allowed

ALLOWED

- Fat free milk (skim)
- Low fat milk (½%, 1%)
- Reduced fat milk (2%)
- Buttermilk

ALLOWED ONLY IF ON YOUR WIC SHOPPING LIST

- Whole milk
- Powdered milk (nonfat dry) 25.6 oz, 32 oz, 64 oz
- Evaporated milk (skim, 2%, whole)
- Goat milk
- Lactose free milk (skim, ½%, 1%, 2%, whole)

NOT ALLOWED

- Chocolate or flavored milk
- Evaporated filled
- Nut or grain milk (like almond or rice)
- Guernsey
- Value added (Kid's Milk, Fit Milk, Over the Moon)
- Vitamite
- Glass bottles
- Unhomogenized



CHEESE

No organic allowed

- ▶ See your WIC Shopping List for allowed maximum cheese price per pound
- ▶ 8 oz and 16 oz block ONLY unless otherwise specified
- ▶ U.S. made prepackaged cheese
- ▶ Low sodium and low fat cheese of any allowed type



ALLOWED

- American (8 oz and 16 oz slices allowed without individual wrapping)
- Cheddar
- Colby
- Brick
- Mozzarella (string, part skim, whole milk)
- Colby Jack (Cojack)
- Monterey Jack
- Muenster
- Swiss

NOT ALLOWED

- Imported cheese
- Sliced cheese, except American
- Individually wrapped cheese slices, sticks or strings
- Cheese foods, products, whips, spreads, Velveeta
- Shredded, grated, cubed, crumbles, shapes, curds
- Smoked cheese
- Variety wheels or variety packs
- Cracker Backers or Stackers
- Cheese with pimento, peppers, seeds, meat, etc.
- Soy or Farmers cheese
- Raw milk cheese

BEANS, LENTILS & PEAS

No organic allowed

ALLOWED DRY

- 16 oz (1 lb) package
- Any type

NOT ALLOWED DRY

- Barzi beans
- Dry beans with seasoning packets



ALLOWED CANNED

- 15-16 oz can
- Any type
- Brands – Bush's, Flavorite, Great Value, Halstead Acres, IGA, Joan of Arc, Kroger, Meijer, Our Family, Progresso, Spartan, Wylwood
- Low sodium of any allowed brand



NOT ALLOWED CANNED

- Beans with added fat, oil, or meat
- Baked beans
- Pork and beans
- Chili beans
- Refried beans
- Green beans
- Snap beans
- Wax beans
- Yellow beans
- Green peas
- Sweet peas

SOY BEVERAGE

Organic is allowed

- ▶ **32 oz = 1 quart** ▶ These brands and flavors ONLY

ALLOWED ONLY IF ON YOUR WIC SHOPPING LIST

- 32 oz or 64 oz container



8th Continent Original
64 oz
(refrigerated)



8th Continent Vanilla
64 oz
(refrigerated)



Pacific Natural Foods
Ultra Soy Plain
32 oz (shelf stable)



Pacific Natural Foods
Ultra Soy Vanilla
32 oz (shelf stable)

EGGS

No organic allowed

- ▶ 1 dozen

ALLOWED

- Grade A or AA
- Small, medium, large
- White ONLY



NOT ALLOWED

- Extra large
- Jumbo
- Free range, cage free, low cholesterol, Omega 3, pasteurized
- Eggland's Best, Gold Circle Farms, Good News Eggs

PEANUT BUTTER

No organic allowed

- ▶ 18 oz jar ONLY
- ▶ Smooth, creamy, crunchy, extra crunchy

NOT ALLOWED

- Health Valley, Arrow Head Mills, Fifty50
- Peanut butter mixed with jelly, marshmallow, honey, other flavorings
- Reduced fat peanut butter
- Peanut spread
- Peanut butter with DHA or Omega 3



PEANUT BUTTER & BEAN CHOICES



18 oz jar
peanut
butter

OR



16 oz
package
dry beans,
lentils, peas

OR



4 cans 15-16 oz beans
or peas

If your Shopping List shows: **1 JAR 18OZ PNUT BTR, LB DRY, 15-16OZCNBEAN** you can buy ▶

COLD CEREALS

No organic allowed

All WIC cereals provide a good source of iron
 Cereals with (●) provide 100% Daily Value folic acid
 Cereals with (▲) are made with whole grains and provide good fiber

▶ 11 oz package or larger ▶ These brands and flavors ONLY



Cheerios
 Plain ▲
 Multi Grain ●▲



Kix
 Plain ▲
 Honey ▲



Chex
 Rice
 Wheat ●▲



Store Brand Corn Squares, Biscuits, Bitz
 (like Corn Chex) Flavorite, Great Value, IGA, Kroger, Meijer, Our Family, Spartan



Store Brand Corn Flakes
 Flavorite, Great Value, Hy-Top, IGA, Kroger, Meijer, Mornin' Gems, Our Family, Parade, Spartan



Mini-Wheats
 Unfrosted Bite Size ▲
 Plain Frosted Bite Size ▲
 Plain Frosted Big Bite ▲



Corn Flakes
 Plain



Special K
 Plain ●



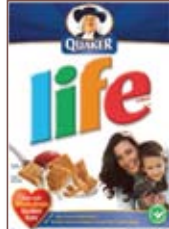
Store Brand Crispy Rice
 Flavorite, Great Value, Hy-Top, IGA, Kroger, Meijer, Mornin' Gems, Our Family, Parade, Spartan



Store Brand Bran Flakes
 Flavorite ●▲, Hy-Top ▲, IGA ●▲, Meijer ●▲, Spartan ●▲, Nature's Crunch ●▲



King Vitaman ●



Life
 Plain ▲



Quaker Oatmeal Squares
 Brown Sugar ●▲
 Cinnamon ●▲



Store Brand Toasted Oats
 Flavorite ▲, Great Value ▲, Hy-Top ▲, IGA ▲, Kroger ▲, Meijer ▲, Rollin' Oats ▲, Spartan ▲



Store Brand Frosted Shredded Wheat
 Great Value ▲, Hy-Top ▲, IGA ▲, Nature's Crunch ●▲, Meijer ●▲, Spartan ▲



Banana Nut Crunch ▲



Bran Flakes ▲



Honey Bunches of Oats
 Vanilla Bunches ▲
 Honey Roasted, Almonds, Cinnamon Bunches



Frosted ●▲



Strawberry Cream ●▲



Chocolatey Frosted ●▲

Malt-O-Meal Mini Spooners

HOT CEREALS

No organic allowed

▶ 11 oz package or larger ▶ These brands and flavors ONLY

All WIC cereals provide a good source of iron
 Cereals with (●) provide 100% Daily Value folic acid
 Cereals with (▲) are made with whole grains and provide good fiber



Cream of Wheat
 Original Flavor 14 oz or 28 oz, 18 oz Whole Grain ▲, 12 oz Instant Individual Packets Regular or Healthy Grain ▲



Malt-O-Meal
 Original ● & Chocolate ● Flavor



Quaker Instant Grits
 Original & Butter Flavor Individual Packets ONLY



Quaker Instant Oatmeal
 Regular Flavor ▲ Individual Packets ONLY



Maypo
 Instant Oatmeal ONLY ▲



COCO Wheats



Store Brand Instant Oatmeal
 Regular Flavor ▲

Individual Packets ONLY
 America's Choice, Great Value, IGA, Flavorite, Kroger, Meijer, Our Family, Parade, Roundy's, Spartan

JUICE CONCENTRATES

FOR WOMEN 100% JUICE ONLY

No organic allowed

FROZEN - 11.5 oz and 12 oz

▶ Added calcium allowed

NON-FROZEN - 11.5 oz

▶ Added calcium allowed



Welch's
 Any flavor with yellow peel strip



Old Orchard
 Any flavor with green peel strip



Welch's
 Any flavor with yellow band



Orange Juice
 Any brand



Minute Maid
 Any orange juice or orange juice blend



Juicy Juice
 Any flavor except Harvest Surprise



Grapefruit Juice
 Any brand or variety

FRESH FRUITS & VEGETABLES

Organic is allowed

- ▶ Your WIC Shopping List shows your cash value benefit (\$\$\$)
- ▶ You can pay for fruits and vegetables that cost more than your benefit

ALLOWED

- Any variety fresh fruit or vegetable without added sweetener or fat
- May be whole, cut, bagged or packaged
- Sweet potatoes and yams



NOT ALLOWED

- White potatoes, any variety like red skin, russet, Yukon Gold
- Fruit or vegetable party trays with dip, dressing or other added food items
- Fruit and nut mixtures
- Fruit baskets
- Fruits or vegetables from salad bars
- Herbs, spices, edible blossoms or flowers (broccoli, cauliflower, artichoke are allowed)
- Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds or painted pumpkins
- Salad kits with dressing or other added food items



JUICES FOR CHILDREN

No organic allowed

100% JUICE ONLY

64 oz PLASTIC

- ▶ Added calcium allowed



Campbell's Tomato Juice
Regular,
Low Sodium,
Healthy Request



Everfresh
Apple, Kiwi
Strawberry, Orange,
Paradise Fruit Punch



Indian Summer
Apple Juice
ONLY



Juicy Juice
Any type except
Harvest Surprise,
Immunity, or Brain
Development



Old Orchard
Any flavor



Welch's Grape Juice
Grape, White Grape, Red Grape
ONLY (added calcium is NOT
ALLOWED for Welch's)



Store Brand Juice
Any flavor

JUICES FOR WOMEN

No organic allowed

100% JUICE ONLY

46 oz or 48 oz PLASTIC

- ▶ Added calcium allowed



Campbell's Tomato Juice
Regular,
Low Sodium,
Healthy Request



Indian Summer
Apple Juice
ONLY



Juicy Juice
Any type except
Harvest Surprise,
Immunity, or Brain
Development



Welch's Grape Juice
Grape, White Grape,
ONLY (added calcium
is NOT ALLOWED for
Welch's)



V8
Original
ONLY



Campbell's Tomato Juice
Regular,
Low Sodium,
Healthy Request



Canned Orange Juice
Any brand



Canned Grapefruit Juice
Any brand or
variety



Dole Pineapple Juice

Whole Grains

1 LB Whole Grain = 1 Whole Grain Choice

► If your Shopping List shows: **1 LB WHOLE GRAINS**

You can buy ONE of the following:

- 1 loaf bread or 1 package buns
- 1 package tortillas
- 1 container oatmeal
- 14 oz or 16 oz box/bag brown rice

► If your Shopping List shows: **2 LB WHOLE GRAINS**

You can buy:

- Any TWO from the list above OR
- 28 oz or 32 oz box/bag brown rice

(28 oz or 32 oz box/bag brown rice = 2 Whole Grain Choices)

BROWN RICE

No organic allowed

- 14 oz or 16 oz box or bag
- 28 oz or 32 oz box or bag

ALLOWED

- Plain, dry brown rice without added herbs, seasonings or beans
- Regular, instant and boil-in-bag type
- Any brand

NOT ALLOWED

- White rice, frozen brown rice
- Flavored rice, wild rice, rice mixes
- Bulk, tubs, microwavable pouches
- Specialty brands, like Lundberg



OATMEAL

No organic allowed

- 16 oz container

Malt-O-Meal

Mom's Best Naturals Quick Oats



You may buy this as a whole grain choice NOT as a cereal.

BREAD & BUNS

No organic allowed

► 1 lb loaf = 16 oz ► These brands and types ONLY



Aunt Millie's
Healthy Goodness
Whole Grain White



Aunt Millie's
Swirl Whole Grain
Cranberry-Apple



Aunt Millie's
Swirl Whole Grain
Raisin with Cinnamon



Aunt Millie's
Swirl Whole Grain
Cinnamon, No Raisins



Bunny
100% Whole Wheat



Healthy Life
100% Whole Wheat
Whole Grain



Hearth Oven Bakers
100% Whole Wheat



Koeplinger's
Lite
100% Whole Wheat



Meijer
Whole Grain White



Meijer
100% Whole Wheat



Nickles
Country Style
100% Whole Wheat



Pepperidge Farm
Jewish Rye
Whole Grain Rye Seeded



Pepperidge Farm
Stone Ground
100% Whole Wheat



Pepperidge Farm
Swirled
100% Whole Wheat
Cinnamon with Raisins



Pepperidge Farm
Very Thin Sliced
Soft
100% Whole Wheat



Sara Lee
Classic
100% Whole Wheat



Spartan
Whole Grain White



Spartan
100% Whole Wheat



Wonder
Soft
100% Whole Wheat



Hearth Oven Bakers
100% Whole Wheat
Hamburger Buns



Hearth Oven Bakers
100% Whole Wheat
Hot Dog Buns

TORTILLAS

No organic allowed

▶ 1 lb package = 16 oz ▶ These brands and types ONLY



Chi Chi's
Whole Wheat
Fajita Style
8 count



Don Marcos
White Corn
18 count



Don Pancho
Whole Wheat
10 count



Don Pancho
White Corn
18 count



Hacienda
Whole Wheat Flour
12 count



Hacienda
Corn Maiz
18 count



La Burrita
Corn
12 count



La Michoacana
Corn
18 count



Meijer
Fajita Style
Whole Wheat
8 count



Meijer
Soft Taco Size
White Corn
18 count



Mission
Yellow Corn
Extra Thin
24 count



Mission
Whole Wheat
10 count



Ortega
Whole Wheat
10 count



Pepito
White Corn
21 count



Pepito
Soft Taco Size
Whole Wheat Flour
11 count

BREASTFEEDING

SUPPORT & INFORMATION



Doctors strongly recommend breastfeeding as the healthiest way to feed babies.

Mother's milk has everything a baby needs to grow and stay healthy. Provide breastmilk for the first year or longer if desired.

Did you know?

Babies have tiny tummies! Moms make just the right amount of milk for their baby. Feeding only your milk tells your body to make more milk for your growing baby.

Parents have questions!

Help is available at your local WIC clinic. WIC can also share information about expressing your milk to feed your baby.



BREASTMILK

EVERY OUNCE COUNTS

CANNED FISH

No organic allowed

Only for breastfeeding women whose infants are NOT receiving formula from WIC



Any Brand
Chunk light tuna
in water or oil
5 oz can



Bumble Bee
Pink Salmon
5 oz can



Chicken of the Sea
Pink Salmon
5 oz can

NOT ALLOWED

- Albacore tuna
- Low sodium tuna or salmon
- Foil packages or pouches
- Lunch packs, lunch kits
- Chunk white tuna
- Tuna with seasoning
- Prime or smoked salmon fillets

INFANT CEREAL

No organic allowed

▶ 8 oz or 16 oz box/container



Gerber.



ALLOWED

- Beech-Nut, Gerber, Nature's Goodness
- Dry infant cereal WITHOUT fruit, formula or DHA/ARA
- CHOOSE ONLY rice, oatmeal, barley, mixed grain, multigrain or whole wheat

INFANT CEREAL

8 oz
or
16 oz

INFANT FRUITS & VEGETABLES

No organic allowed

▶ For infants 6 thru 11 months ONLY

4 oz glass jar	4 oz glass jar	4 oz 2-pack plastic tubs	4 oz glass jar	4 oz 2-pack plastic tubs

ALLOWED

- Beech-Nut, Gerber, Meijer Baby, Nature's Goodness, Parents' Choice
- 4 oz glass jars or plastic tubs ONLY (multipacks allowed)
- Stage 2 or 2nd foods ONLY
- Any variety single fruit or vegetable (example: apple sauce or sweet peas)
- Any variety mixed fruits and/or vegetables (example: apples and bananas, mixed vegetables, sweet potatoes and apples)

NOT ALLOWED

- Dinners, added meats, added sugar or salt, added DHA, added cereal, desserts

INFANT MEAT

No organic allowed

- Only for breastfeeding infants 6 thru 11 months who are NOT receiving formula from WIC
- 2.5 oz glass jars ONLY (multipacks allowed)
- Single meat varieties ONLY



Gerber.



ALLOWED

- Beech-Nut – beef & beef broth, chicken & chicken broth, turkey & turkey broth
- Gerber – beef & beef gravy, chicken & chicken gravy, ham & ham gravy, turkey & turkey gravy
- Nature's Goodness – beef & beef gravy, chicken & chicken gravy, turkey & turkey gravy

2.5 oz.