

**COLD CEREALS**



**Approved Brands of Corn Flakes, Crispy Rice, Bran Flakes, Oats, & Frosted Shredded Wheat**

- Flavorite/Essential Everyday:** Corn Flakes, Crispy Rice, Bran Flakes, Oat Squares, Honey Oats and More Almonds, Toasted Oats, Frosted Shredded Wheat
- Fred Meyer/Kroger:** Corn Flakes, Crispy Rice, Honey Oats and More Almonds, Toasted Oats, Frosted Shredded Wheat
- IGA:** Corn Flakes, Crispy Rice, Frosted Shredded Wheat, Toasted Oats, Bite Sized Frosted Shredded Wheat
- Malt-O-Meal:** Crispy Rice, Honey & Oat Blenders with Almonds, Frosted Mini Spooners
- Ralston:** Corn Flakes, Crispy Rice, Bran Flakes, Tosteos, Frosted Shredded Wheat
- Safeway:** Corn Flakes, Crispy Rice, Bran Flakes, Oats and More with Almonds, Frosted Shredded Wheat
- Western Family:** Corn Flakes, Crispy Rice, Bran Flakes, Oats and More with Almonds, Toasted Oats, Frosted Shredded Wheat
- Great Value:** Corn Flakes, Crispy Rice, Bran Flakes, Toasted Oats

**HOT CEREALS**

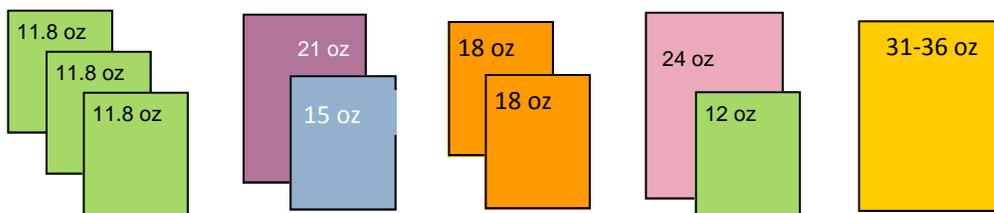


Only cereals on this list allowed. Minimum pkg. size 12 oz. for cold cereal and 11.8 oz. for hot cereal.

NEW: Better Oats flavored oatmeal—Apples & Cinnamon or Maple & Brown Sugar

Any combination of hot and cold cereals up to 36 oz. total. No single serving boxes or packets (except Instant Oatmeal & Original Cream of Wheat).

**Ways to Buy 36 oz. of Cereal**



**BEANS**

Any type/brand: mature dry beans, peas, lentils, or mixed in 16 oz package. Canned: any type/brand of mature beans, regular or low sodium. Minimum sugar added for processing allowed. Up to 64 oz of canned beans may be substituted for 16 oz dry.

**NOT ALLOWED:** Green beans, immature beans, green peas, snap peas, orange beans, wax beans, baked beans (unless specified on warrant), pork & beans, beans containing added sugars, fats, meats or oil. No bulk, organic products or bean soup mix.

**JUICE**

Must be 100% juice with 120% of Daily Value Vitamin C per 8 oz. serving.

JUICE FLAVOR	12 oz Frozen Conc woman or 16 oz. child	46-48 oz Can /plastic woman or 64 oz plastic child
	100% JUICE	100% JUICE
<b>APPLE</b>	Flavorite, Fred Meyer Great Value IGA, Safeway Seneca, Treetop Western Family	Great Value, Seneca Treetop Western Family, Flavorite (Cider OK), IGA (Cider OK)
<b>ORANGE</b> (Regular, Pulp Free, Added Pulp, Country Style, Low Acid, Calcium Fortified)	Flavorite Fred Meyer Great Value, IGA Minute Maid (Blends Allowed) Safeway Western Family	Flavorite, Great Value Safeway Western Family
<b>GRAPEFRUIT</b> (Regular, White, Pink, or Ruby Red)	Great Value, Minute Maid IGA, Safeway, Western Family, Fred Meyer	Great Value, IGA, Kroger Safeway, Texsun Western Family, Flavorite, Langers (Ruby Red only)
<b>PINEAPPLE</b>	Dole (100% Juice Blends allowed)	Dole, Fred Meyer, Great Value IGA, Safeway Western Family
<b>GRAPE</b> (white, purple or blends)	Welchs (Yellow pull strip only)  Western Family	NO BLENDS IGA, Safeway, Flavorite, Western Family, Welchs
<b>TOMATO / VEGETABLE</b> (Regular, low sodium, or spicy)	N/A	Flavorite Fred Meyer Great Value, IGA Safeway, Western Family  Campbells Tomato & V8 V8 also in Calcium Enriched & Essential Antioxidants
<b>JUICE BLENDS</b> Any Flavor (100% Juice)	Dole Old Orchard	Not Allowed

Juicy Juice & Welch's 100% Juice Pourable Concentrates Any Flavor - 11.5 oz. (women only)



## MILK

**Must buy least expensive brand and largest size available. Quart container allowed only if listed on warrant.**



Fresh milk warrant: allows fresh whole, skim, nonfat, 1% low fat, light, 2% reduced fat, calcium or protein fortified, acidophilus and buttermilk.

UHT (shelf stable) or ultra pasteurized milk **only if no other type of fresh milk is available or if listed on the warrant.**

Lactose free or reduced (for example, Lactaid), evaporated, dry, or goat milk : **only if listed on warrant**

**NO** chocolate, or other "non dairy", fruit-flavored or organic milk;

**NO** containers smaller than 1 half gal unless printed on warrant or UHT is only type available.

## SOY BEVERAGE



Brands and forms listed below authorized **only** if soy beverage is listed on warrants.

**Brands Allowed:**

Pacific Natural Foods Ultra Soy: Plain or vanilla flavored. Quart size; Shelf-stable (UHT).

8th Continent: Plain and vanilla. Half gallon size only; refrigerated.

## TOFU

**Brands allowed:**

Azumaya silken, lite silken and firm; Nasoya silken and lite silken, firm and extra firm; House premium silken, premium medium, premium firm, and premium extra firm; Soga All Natural extra firm; Westsoy lowfat and firm; and O Organics firm tofu; 14-16 oz.

Must be calcium-set. Refrigerated or shelf-stable. Includes organic.

## CHEESE - Package size 16 oz. or larger only; 16 oz. = 1 lb.



**Must buy least expensive brand**

Domestic American, Kraft Deluxe American loaf, Cheddar (mild or medium only), Colby, Colby-Jack, Monterey Jack, Mozzarella (regular only) and Swiss. Low fat and/or low sodium allowed.

ONLY sliced cheese allowed is American (can be individually wrapped)

**NO** cheese food, product or spread; shredded, grated, string, sharp or extra sharp, imported, deli, organic, soy, goat, or raw

**NO** cheese with flavorings or added ingredients

## EGGS - Small, medium, or large

Any eligible brand. Maximum quantity printed on warrant, but may buy less. Ova Easy dried eggs only if fresh eggs are not available (4 oz package of dried eggs = 1 dozen fresh eggs). **NO** brown, extra large, jumbo, low-cholesterol, organic, Egglard's Best Brand, "Naturally Nested" or free range eggs.

### FISH - for exclusively breastfeeding mothers

Canned pink salmon: 14.75, 7.5, 6, and 5 oz. Skin and bones allowed.

Canned tuna: plain: 6.25 oz. or less packed in water, **NO** Albacore or white.

Sardines: 3.75 and 15 oz, water or oil packed, added flavors allowed). Skin and bones allowed.

### PEANUT BUTTER

Least Expensive brand peanut butter, 16-18 oz. jar, low sodium, low sugar or natural are allowed.

**NO** low-fat, organic, Honey Roasted, bulk, grind your own, or peanut butter with added marshmallows, jelly or honey.

## INFANT FOODS

### Infant Fruits and Vegetables

**FRUITS AND VEGETABLES:** Stage 2, 2 1/2 and 3 Fruits and Vegetables without added ingredients. Sizes: 4 oz, 6 oz, or 3.5 oz 2-packs (net weight 7 oz). **No organic. No additives, such as DHA/ARA.**

**Approved Brands: Beech-Nut, Gerber, Nature's Goodness, Parent's Choice:**

Single ingredient or combinations of single ingredients.

For example: pears, peaches, strawberry-banana, squash, sweet potatoes & apples, garden vegetables, etc.

**NOT ALLOWED:** guava, mango, papaya varieties. No mixtures with rice, milk, or cereal.

Banana can replace infant fruit: 1 lb bananas = 8 oz fruit  
May substitute up to 2 lb bananas.



**INFANT MEATS:** Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy. Texture may range from pureed through diced. Added sugars or salt (i.e. sodium) are not allowed. No infant food combinations (i.e. meat and vegetables) or dinners (e.g. spaghetti and meatballs) are allowed. No organic. No additives, such as DHA/ARA.

HOW TO BUY	
<b>64 oz</b> (Fruit & Veg)	16 (4 oz) jars
	<b>OR</b> 10 (6 oz) jars
	<b>OR</b> 9 (7 oz) 2-packs
<u>May substitute up to 2 lbs bananas:</u> 8 oz baby food = 1 lb bananas	
<b>17.5 oz</b> (Meats)	7 (2.5 oz) jars
<b>20 oz</b> (Meats)	8 (2.5 oz) jars

**Infant Cereal—Only Beech-Nut, Gerber or Nature's Goodness**

Package size 8 oz or 16 oz only. Any combination of allowed cereal: Barley, Oatmeal, Rice, Mixed or Multi-grain.

**NOT ALLOWED:** Added fruit or single serving boxes, infant cereal in jars. **No organic. No additives, such as DHA/ARA.**



**Purchase only the quantity of boxes printed on warrant.**

## WHOLE GRAINS

**Amount up to 16-32 oz. as listed on WIC warrants. Any combination of bread, rolls, brown rice and/or tortillas up to the amount listed for whole grains. 1 LB = 16 oz.**

**Whole Grain Bread:** As listed below. No diet, light, or gluten-free. May be purchased with tortillas and/or brown rice to add up to total amount on warrant. WW=Whole Wheat

**Earl of Sandwich 100% WW Bread 16 oz.**

**Grain Basket 14 Grain Harvest Bread 16 oz.**

**Rubschlager European Style Whole Grain Bread 16 oz.**

**Rubschlager 100% WW Bread 16 oz.**

**Sara Lee Classic 100% WW Bakery Bread 16 oz.**

Nature's Pride 100% WW Bread 20 oz.

Great Value 100% WW Bread 24 oz.

Kroger Country Oven Sandwich Bread 100% WW 24 oz.

Cascade Pride 100% Stone Ground Wheat Bread 24 oz.

Sara Lee Hearty and Delicious 100% WW Bread 24 oz.

Alaska Golden Pride 100% WW Bread 24 oz.

Franz Oregon Trail 100% WW Bread 26 oz.

**Fred Meyer 100% WW Bread 16 oz.**

**Roman Meal 100% WW Bread 16 oz.**

**Franz 100% WW Bread 16 oz.**

Sara Lee Soft & Smooth 100% WW Bread 16 & 20 oz.

Safeway 100% WW Bread 22 oz.

Oroweat 100% WW Bread 24 oz.

Franz 100% WW Bread 24 oz.

Sara Lee 100% WW Bread w/ Honey 24 oz.

Wonder Stone Ground 100% WW Bread 24 oz.

Nature's Pride 100% WW Bread 20 and 24 oz.

**Whole Grain Buns & Rolls:** As listed below. No diet, light, or gluten-free. May be purchased with tortillas and/or brown rice to add up to total amount on warrant. WW=Whole Wheat

Oroweat 100% WW Buns 10 oz.

Fred Meyer (FM) 100% WW Hamburger Rolls 14 oz

Country Oven 100% WW Dinner Roll 18 oz

Oroweat 100% WW Dinner Rolls 14 oz.

Oroweat 100% WW Hamburger Buns 21 oz.

Oroweat 100% WW Hot Dog Buns 14 oz.

Oroweat Sandwich Thins Multi-Grain 12 oz.

Safeway 100% WW Dinner Rolls 20 oz.

Sara Lee 100% WW Hamburger Buns w/ Calcium and Vitamin D 16 oz.



**Corn Tortillas:** White or Yellow Corn, soft only: 100% whole grain; up to 16 oz package; Don Pancho, La Burrita, Reser's, Guerrero, Mission, Carlita, and Taco Loco brands only. May be purchased with brown rice and/or whole grain bread to add up to total amount on warrant.



**Whole Wheat Tortillas**-up to 16 oz. Package must say "Whole Wheat" or "100% Whole Wheat" on label. Don Pancho, La Burrita, Reser's, Guerrero, IGA, Taco Loco and Ortega brands only. Mission Multi-Grain Wraps OK. May be purchased with brown rice and/or whole grain bread to add up to total amount on warrant.

**Brown Rice:** Any brand, plain brown rice in boxes or bags. May be instant, quick or regular cooking, long or short grain. Participants can buy up to total ounces listed on WIC warrants. This may be purchased with tortillas and/or whole grain bread to add up to total amount on warrant. No fats, oils, sodium, or sugars. No bulk.

## FRUITS & VEGETABLES: Fresh, canned, or frozen

**Fruits and vegetables can be purchased with Fruit and Vegetable Vouchers (FVV).**

A FVV has a set dollar amount. Participants can pay additional amount above value of FVV by using cash, credit, debit, check, or Food Stamp EBT card.

FVVs can be combined. No change can be given for lesser purchases.

### FRESH FRUITS & VEGETABLES ALLOWED

- Any eligible brand/variety and container size or type
- Bagged salads and vegetables
- Fruits/vegetables precut/cleaned and packaged in store for individual use
- Fruit or vegetable mixtures, whole or cut
- Organic
- Artificial sweetener or flavors enhanced with herbs

### FRESH FRUITS & VEGETABLES NOT ALLOWED

- No dried fruits or vegetables
- No fruit leathers or fruit rollups
- No cut fruits and vegetables from salad bars or party platters
- No varieties of white potatoes or products i.e. red, gold, purple, etc. and no product that has white potato in it (Yams and Sweet potatoes are allowed)
- No edible blossoms and flowers, e.g. squash blossoms (but broccoli, cauliflower and artichokes are allowed)
- No **separate** herbs or spices; vegetable grain (pasta or rice) mixtures; fruit-nut mixtures; breaded vegetables; ornamental and decorative fruits and vegetables such as chili peppers on a string, garlic on a string, gourds, painted pumpkins, fruit baskets and items such as blueberry muffins and other baked goods.



Canned Fruit Allowed	Frozen Fruit Allowed
Any variety of canned (cans or other shelf-stable containers, e.g., jars, pouches), juice pack or water pack without added sugars, fats, oils, or salt (i.e. sodium). Unsweetened or no sugar added applesauce only. Mixtures allowed. No juice.	Any variety of frozen fruits without added sugars, syrups, fats, oil, or salt (sodium). Mixtures allowed. No juice.
Canned Vegetables Allowed <i>Minimum sugar for processing allowed.</i>	Frozen Vegetables Allowed
Any variety of canned (cans or other shelf-stable containers, e.g., jars, pouches) except white potatoes (orange yams and sweet potatoes are allowed); without added sugars, fats, or oils. May be regular or lower in sodium. Spaghetti sauce and salsa allowed if no added meat, sugar, fats, or oils. No canned legumes-legumes listed separately on warrant. No soup. No creamed or sauced vegetables. No catsup or other condiments, pickled vegetables, pizza sauce, or olives.	Any variety of frozen vegetables except white potatoes (orange yams and sweet potatoes are allowed); without added sugars, fats, or oils. May be regular or lower in sodium. Mixtures allowed. Any kind of beans such as green, wax, black-eyed peas, black or pinto beans allowed. No creamed or sauced vegetables.



## WIC Infant Formula

**ALLOWED:** The exact brand, type, size and quantity of formula printed on warrant.

**NOT ALLOWED:** Less than the amount specified on the warrant. **No substitutions allowed.**

**Similac Advance Early Shield:** 12.4 oz powder or 13 fl oz concentrate

**Similac Sensitive Isomil Soy:** 12.4 powder or 13 fl oz concentrate

**Similac Sensitive:** 12.6 oz powder or 13 fl oz concentrate



**NOTE:** Similac Sensitive Isomil Soy's name changed to **Similac Soy Isomil** in December 2010. This will not affect the formula type and number of cans that clients will receive from WIC.

## Cashier Instructions

1. Check the customer's picture ID. The name on the ID must be on the WIC warrant(s).
2. **Check the dates** printed on the warrant(s). **Do not** accept a warrant **before** the first date or **after** the last date printed on the warrant.
3. Compare the amounts and types of foods selected by the customer with the items printed on the warrant(s). The customer is not required to buy all of the foods on the warrant (except infant formula). The customer cannot buy more than the amounts listed; however, they may use the store's "buy one, get one free" offers like other customers. The customer **must buy all the formula** listed on the warrant.
4. Refer to AK WIC Food List to be sure selected items are authorized types/brands/sizes. (Selling unauthorized foods or non-food items is not allowed.)
5. The fruit and vegetable voucher (FVV) looks like a regular WIC warrant except that it has a not-to-exceed dollar value of \$6, \$10, or \$15 each. Clients use these to buy fruits and vegetables. See FVV instructions below.
6. Clients can buy any combination of fresh, frozen, or canned fruits & vegetables that meet the WIC guidelines. Refer to the attached "General Questions concerning Fruits and Vegetable Vouchers" for processing fruit and vegetable vouchers.
7. Ring up the items, separating them by warrant if there is more than one warrant. Deduct for any coupons and write the total on each warrant. Do not charge sales tax. A single warrant cannot exceed \$200. **Remember:**
  - WIC purchases are tax exempt.
  - Charge only for WIC foods received by customer.
  - Do not give cash refunds for WIC purchases.
  - Do not accept warrants that appear to be altered.
  - Do not issue rain checks for WIC foods.
  - If you make an error when you write the amount on the warrant, draw a single line through the incorrect amount and write the correct amount next to it. A manager or cashier must initial the change.
8. Have the customer sign and date the warrant after the total amount has been filled in.
9. Compare the signature on the warrant with the signature on the customer's ID.
10. Write "WIC" on the back of the cash register receipt, unless register prints WIC on receipt.
11. Store's Vendor Number must be clearly stamped with black ink in the box below the actual amount of sale on warrant.

### Cashier Guidance for Redeeming Fruit and Vegetable Vouchers (FVVs)

1. A FVV is a voucher/warrant/check for a set dollar amount that can be redeemed by the participant for the purchase of fruits and vegetables.
2. The following cannot be purchased with a FVV: Any variety of white potatoes or any mixture that contains them, dried fruits or vegetables, canned or frozen vegetables with added sugar, salt, fats, oils, fruits and vegetables from the salad bar or party platters, catsup or other condiments, pickled vegetables, olives, soups, juices, edible blossoms, fruit leathers and fruit roll-ups, creamed or sauced vegetables, or canned legumes. Small amounts of sugar are allowed for processing vegetables. See current food list for allowed specifications.
3. If a WIC participant goes over the dollar amount on the FVV, politely inform the participant that they can choose to pay the difference by using cash, credit, debit, or Food Stamp EBT card. Taxes cannot be charged on the FVV portion of the transaction.
4. If a participant is cashing more than one FVV at a time, FVVs can be combined and used to pay a single transaction. However, no change can be given to the participant if their fruits and vegetable purchase costs less than the value of their FVVs.
5. Like the regular WIC checks, FVVs are valid only for 30 days from the start date of the FVV. The vendor has 60 days to deposit them in the bank.
6. A participant cannot return items purchased with a FVV and demand cash back. This is a serious violation of WIC regulations subject to fines and or termination from WIC for both vendor and participant. Instead, politely inform the participant that you are unable to process their request as it is against WIC rules. Refer them to their local WIC clinic. Inform the WIC clinic so they can help educate the participant appropriately.
7. FVVs can be redeemed at farmers' markets, farm stands, and farmers during the farmers' market's season June – October, in areas of the state where farmers' markets, farm stands, and farmers operate. In Alaska, farmers' markets, farm stands and farmers may accept FVVs between June 1 and September 30 of each year. At other times WIC participants can redeem their FVVs at an authorized WIC vendor only.

**WIC is an equal opportunity provider and employer.**



Alaska Department of Health & Social Services  
Division of Public Assistance  
Family Nutrition Programs-  
WIC Program  
P.O. Box 110612, Juneau, AK 99811-0612  
(907) 465-3388 phone (907) 465-3416 fax

