

COLD CEREALS



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

Flavorite: 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

Malt-O-Meal: Crispy Rice, Honey & Oat Blenders with Almonds, Frosted Mini Spooners

Ralston: Corn Flakes, Crispy Rice, Bran Flakes, Tasteros, 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. Min pkg size 12 oz for cold cereal and 11.8 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). No added fruit except Better Oats Apples & Cinnamon.

JUICE - No 46 oz Plastic Containers

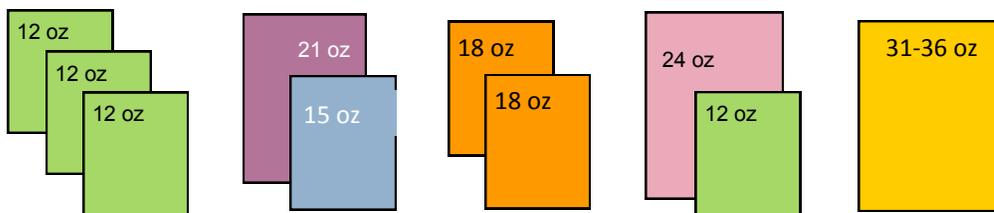
Must be 100% juice with 120% of Daily Value Vitamin C per 8 oz. serving.

| JUICE FLAVOR | 12 oz Frozen Conc woman or 16 oz. child | 46 oz Can woman or 64 oz plastic child |
|---|--|---|
| APPLE | Flavorite, Fred Meyer, Great Value, IGA, Safeway, Seneca, Treetop, Western Family | Great Value, Seneca, Treetop, Western Family, Flavorite (Cider OK), IGA (Cider OK) |
| ORANGE (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 |
| GRAPEFRUIT (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) |
| PINEAPPLE | Dole (100% Juice Blends allowed) | Dole, Fred Meyer, Great Value, IGA, Safeway, Western Family |
| GRAPE (white, purple or blends) | Welchs (Yellow pull strip only), Western Family | NO BLENDS, IGA, Safeway, Flavorite, Western Family, Welch's (46oz Plastic Bottle is OK for Welch's Grape) |
| TOMATO / VEGETABLE (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 |
| JUICE BLENDS Any Flavor (100% Juice) | Dole, Old Orchard | Not Allowed |

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



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.

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 only. Half gallon size only; refrigerated

TOFU

Brands allowed:

Azumaya silken, lite silken and firm; Nasoya silken and lite silken; 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, Egglad'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 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 (for exclusively breastfed infants):

Gerber 2nd Foods and Beechnut Stage 1 (2.5 oz jar): Beef & Beef Gravy, Chicken & Chicken Gravy, Ham & Ham Gravy, Turkey & Turkey Gravy, Veal & Veal Gravy, Lamb & Lamb Gravy. **No organic. No additives, such as DHA/ARA. No infant dinners.**

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

Infant Cereal

Package size 8 oz or 16 oz only. Any combination of allowed cereal: Barley, Oatmeal, Rice, or Mixed, 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 Delish 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 and Smooth 100% WW Bread 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 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.
 Oroweat 100% WW Dinner Rolls 14 oz.
 Sara Lee 100% WW Hamburger Buns w/ Calcium and Vitamin D 16 oz.
 Sara Lee 100% WW Hot Dog Buns w/ Calcium and Vitamin D 16 oz.
 Sara Lee 100% WW Mini Buns w/ Calcium and Vitamin D 16 oz.
 Safeway 100% WW Dinner Rolls 20 oz.
 Oroweat Sandwich Thins Multi-Grain 12 oz.
 Oroweat 100% WW Hot Dog Buns 14 oz.
 Country Oven 100% WW Dinner Rolls 18 oz.
 Oroweat 100% WW Hamburger Buns 21 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, 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.

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
- Spaghetti sauce and salsa allowed if no added meat, sugar, fats, or oils



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 juice or soup
- No creamed or sauced vegetables
- No catsup or other condiments, pickled vegetables, olives, pizza sauce, etc.
- 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.

Frozen Fruits and Vegetables: Any fruit or vegetable mixture is allowed. Any kind of beans such as green beans, wax beans, black-eyed peas, black beans, or pinto beans allowed. No added fats, oils, sugars, syrups or salt.

Canned Fruits and Vegetables: Regular or low sodium. Minimum sugar added for processing allowed. Any plain fruit or fruit mixture may be juice or water-packed without added sugars, syrup, fats, oils, or salt (unsweetened or no sugar added applesauce only). No added fats, oils, or meats. No canned legumes—legumes separately specified on warrant.



**Alaska WIC Food List
October 1, 2010**

My WIC Clinic is at:



Shopping with WIC Checks

My Next Appointment is on:

| Date | Time | Reason | What to Bring |
|------|------|--------|--|
| | | | <input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____ |
| | | | <input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____ |
| | | | <input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____ |
| | | | <input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____ |

Keep this list and bring it to every visit.
Call your WIC clinic if you are unable to keep your
scheduled appointment.



**Do not sell, trade or give away
WIC checks, food or formula
for money, credit, rain checks
or other items.**

*Lost WIC checks will not be
replaced. Treat your WIC
checks like cash.*



- ◆ **Explain the WIC rules** to any alternate who shops for you.
- ◆ **Do not sign checks before** you go to the store. Do not make changes to WIC warrants.
- ◆ **Check the valid dates** in top left corner of checks - use them only from the first day on the checks to midnight on the last day.
- ◆ Take your **picture ID, WIC checks,** and Alaska WIC Food List to an approved WIC store.
- ◆ **Buy only the foods or formula listed** on the check.
- ◆ **Use the WIC Food List** to tell which types and brands are allowed. **Do not make substitutions.**
- ◆ **Do not buy more than the amount printed** on your check. If a check has baby formula printed on it, you must buy the whole amount; for other foods you may buy less.
- ◆ At the check stand, **separate your WIC foods** from other foods and group WIC foods by check.
- ◆ Give the cashier your checks, ID and store coupons (if you are using any).
- ◆ The cashier will ring up the items on each check separately and will write the total amount of sale on each check.
- ◆ Make sure the **total written** on the check **is the same** as the total on the cash register receipt.
- ◆ **Sign and date** the check(s) clearly in black or dark blue ink. Black ink is recommended for banking purposes.

If you break the rules you or your child may be taken off the program, you could face legal charges, or you may have to pay back the program for food or formula you should not have received.

Alaska Department of Health & Social Services
Division of Public Assistance
Family Nutrition Programs—WIC Program
P.O. Box 110612, Juneau, AK 99811-0612
(907) 465-3100 phone (907) 465-3416 fax

WIC is an equal opportunity provider and employer.