

Idaho WIC Approved Foods

Effective October 1, 2002 through September 30, 2004

Amounts are specified on food checks issued to WIC participants

CAN BUY	CANNOT BUY
<p>Cereal - 36 oz or less <u>Hot Cereal</u> Malt-O-Meal-Regular 28 oz Nabisco Cream of Wheat 28 oz (white, yellow or red boxes) Sun Country Quick Oats 12 oz</p> <p><u>Cold Cereal</u> Cheerios-Plain Multi-Grain Cheerios Kix-Plain Kellogg \Rightarrow Corn Flakes-Plain Kellogg's Frosted Mini-Wheats Kellogg \Rightarrow Frosted Mini-Wheats Bite Size Special K-Plain Quaker Life-Plain Chex--Rice, Wheat Post Bran Flakes Store brand Corn Flakes Store brand Tostitos, Toasted Oats, Tasty O \Rightarrow</p>	<p>Cannot Buy: less than 9 oz package or individual packets</p> <p>Corn Chex Cheerios: Frosted Honey Nut Apple Cinnamon</p>
<p>Juice - 100% juice, single flavor, 46 oz. container or 12 oz frozen concentrate. Apple Juice Seneca (red label) or Treetop Grape or white grape juice Welch \Rightarrow or Seneca Any brand of 100% juice Grapefruit Pink Grapefruit Pineapple Orange Country style (extra pulp), pulp free, calcium fortified and reduced acid orange juice are allowed. V8--100% vegetable juice, plain, Lightly Tangy, Picante or Healthy Request flavors</p>	<p>Cannot Buy: 6 oz frozen</p> <p>Added sugar, fruit drinks, punches, beverages, blended juice, juice twistlers, juice cocktail, cartons, or organic juice</p> <p>Treetop 3 blend apple V-8 Splash V-8 Spicy Hot</p>
<p>Eggs - White, any size. Packaged one dozen to a carton.</p>	<p>Cannot Buy: Speciality brand eggs, Eggland Eggs, Nature \Rightarrow Nest, organic, etc.</p>
<p>Peanut Butter - Any brand of commercially made plain smooth or chunky peanut butter. Honey Roasted is allowed.</p>	<p>Cannot Buy: Peanut spreads, reduced fat, organic, gourmet, jelly, marshmallow, etc.</p>

CAN BUY	CANNOT BUY
<p>Milk - Any brand pasteurized, unflavored whole, reduced fat (2%), light or lowfat (1%), fat free, nonfat or skim. Canned evaporated, non-fat dry (powdered), Acidophilus, Lact-Aid, buttermilk or 12 oz evaporated goat \Rightarrow milk IF printed on check.</p>	<p>Cannot Buy: Speciality brands (organic), soy milk, chocolate or flavored milk, half and half, rice milk, pints or half pints, UHT milk (shelf-stable), fresh or powdered goat \Rightarrow milk.</p>
<p>Cheese--Any brand natural, regular or low-fat block cheese, unsliced, vacuumed packed. Cheddar (mild, medium, sharp), Colby, Colby-Jack, Monterey Jack, Mozzarella, Muenster, Swiss or <u>Processed</u> American cheese. Kraft Deluxe American Pasteurized Process American cheese (Blue Box) is allowed.</p>	<p>Cannot Buy: Extra sharp cheddar, shredded, organic, cream, string, grated, imported, flavored, added ingredients (pimento etc). Velveeta, cheese foods, spreads, or products.</p>
<p>Carrots - Any brand fresh, frozen, or canned. Baby carrots are allowed.</p>	<p>Cannot Buy: Organic</p>
<p>Tuna - 6 or 6 1/8 oz. can, Albacore tuna, chunk and solid white tuna are allowed.</p>	<p>Cannot Buy: Smoked, tuna pouches</p>
<p>Dried Beans or Peas - Any brand of packaged or bulk, black-eyed or split peas, kidney, lentils, lima, pinto, navy, great northern, garbanzo, small red, white or black beans. Canned beans IF printed on check.</p>	<p>Cannot Buy: Soup mix, barley or rice.</p>
<p>Infant Formula - As printed on check.</p>	
<p>Infant Cereal - Gerber, Heinz or Beechnut dry cereal: rice, barley, oatmeal, or mixed. 8 oz or 16 oz size box.</p>	<p>Cannot Buy: Added fruit, cans, jars or Earth \Rightarrow Best.</p>
<p>Infant Juice - Gerber, Heinz or Beechnut any flavor or blend, 4 oz. or 4.2 oz. bottles</p>	<p>Cannot Buy: Added yogurt.</p>

ORGANIC OR GOURMET FOOD ITEMS NOT ALLOWED

