

# MISSISSIPPI WIC SHOPPER'S FOOD GUIDE

## Fresh Fruits & Vegetables

Any variety of whole or cut fresh fruits or vegetables

Bagged vegetables of any size (carrots or salad greens)

## Frozen Vegetables

Any size or package type

Any plain vegetables or plain vegetable mixtures without white potatoes

Any beans or mixtures with beans or peas (e.g., mixed vegetables with lima beans)

## Frozen Fruits

Any brand or package size of whole or cut frozen fruits

## Canned Vegetables\*

Any size

Plain vegetables and plain vegetable mixtures including green (sweet) peas and green beans, snap beans, wax beans, and yellow beans

## Canned Tomato Products

Any size

Whole, diced, crushed, or stewed tomatoes

Tomato sauce, paste, or puree

## Canned Fruit

Packed in water, juice, or fruit juice concentrate

Any plain fruit or plain fruit mixture

Any container type

Any brand

Applesauce (no sugar added or unsweetened varieties only)

## CEREAL

Choose 11 oz.–36 oz. boxes or bags only, any combination that does not go over 36 ounces

## General Mills

**Cheerios**, Original, Multigrain

**Chex**, Corn, Rice

**Kix**, Original, Honey, Berry Berry

**Total**

**Wheaties**

## Malt O Meal

**Mini Spooners**, Frosted, Strawberry Cream



\*Canned beans, peas, and lentils are allowed in the Beans, Peas, and Peanut Butter section. These are not part of the canned vegetable allowance.

## Quaker

**Oatmeal Squares**, Brown Sugar, Cinnamon, Golden Maple

**Life**, Original, Vanilla, Strawberry

## Kellogg's

### Crispx Original

**Special K**, Original, Multigrain with a Touch of Cinnamon, Honey Almond, Ancient Grains

### Corn Flakes

### Rice Krispies Original

### All-Bran Complete Wheat Flakes

**Frosted Mini Wheats**, Original, Little Bites, Filled Mixed Berry, Blueberry, Strawberry, Pumpkin Spice, Cinnamon Roll

**Kashi**, Warm Cinnamon, Honey Toasted

## Grainberry

**Grainberry**, Original Toasted Oats, Honey Nut Toasted Oats, Multi-Bran Flakes, Apple Cinnamon Toasted Oats, Shredded Wheat, Cinnamon Frosted Shredded Wheat

## Post

**Grape-Nuts Flakes**, Original, Flakes

**Great Grains**, Banana Nut Crunch, Crunchy Pecan

**Honey Bunches of Oats**, with Almonds, Honey Roasted, with Vanilla Bunches

## MILK

Choose declared store brands only

Any combination of gallon and half-gallon sizes, quarts only if specified

Whole milk for children (12 - 23 months only)

Fat-free or 1% low-fat milk (children 2 - 5 years old and women)

Chocolate, lactose-free /reduced, calcium-enriched allowed

## Allowed in qualifying circumstances.

### Must be added to your card by a certifier.

Evaporated milk (canned) 12-oz. can

(Carnation and Pet brands only)

Dry Milk (powdered) 9.6-oz. box

Ultra-high temperature (UHT) milk, quart

## Soy Beverage

Allowed in qualifying circumstances. Must be added to your card by a certifier. Choose half-gallon, refrigerated cartons.

**8th Continent** (Original or Vanilla only)

**Silk** (Original only)

Yogurts that are organic, drinkable, or have granola, candy, honey, or nuts are not allowed.

## Whole Yogurt for Children 12–23 Months

Choose from the brands and flavors below.

Must be one-quart (32-oz.) containers.

**Chobani**, Plain Whole Milk Greek

**Dannon**, All Natural Whole Milk

**Dannon Oikos**, Plain Whole Milk Greek

**Kroger**, Whole Milk Plain, Whole Milk Vanilla

## Nonfat or Lowfat Yogurt (0%–2% fat) for Women and Children (two years of age or older)

Choose from the brands and flavors below.

Must be one-quart (32 oz.) containers, except for Yoplait Go-Gurt (see approved sizes below).

## Chobani

Plain Greek Nonfat

Strawberry Blended Greek Nonfat

Vanilla Blended Greek Nonfat

Peach Blended Greek Nonfat

Plain Greek Lowfat

## Dannon

Plain Lowfat

Vanilla Lowfat

## Lala

Lala Lowfat

## Dannon Oikos

Plain Greek Nonfat

Vanilla Greek Nonfat

Triple Zero Blended Greek Vanilla

## Dannon Light & Fit

Vanilla Nonfat

Strawberry Nonfat

Vanilla Greek Nonfat

Plain Greek Nonfat

## Yoplait

Original Strawberry Lowfat

Original Vanilla Lowfat

Original Harvest Peach Lowfat

Original Strawberry Banana Lowfat

## Yoplait Go-Gurt

Any flavor

Approved size – choose:

1 – 16-pack (2 oz. servings)

2 – 8-packs (2 oz. servings)

“Non-dairy” and “slushy” versions are not allowed.



## Kroger

Plain Nonfat  
Blended Vanilla Lowfat  
Blended Plain Lowfat

## Great Value

Original Lowfat  
Original Strawberry Lowfat  
Original Strawberry Banana Lowfat  
Original Plain Nonfat

## CHEESE

**One pound (16-oz.) package of the store declared brand**

**May be block, hoop, cubed, shredded, sliced, or string**

**May be low fat, low cholesterol or low sodium, but not limited to these options**

**Choose any of the following varieties**

Processed American  
Cheddar  
Colby  
Colby-Jack  
Monterey Jack  
Mozzarella  
Swiss



## FISH

Must be added to the eWIC card for women who exclusively breastfeed

### Canned Tuna

Any brand light tuna, chunk style, packed in water, 5, 6, and 7.5 oz. cans

### Canned Salmon

Any brand pink salmon. 5, 6, 7.5, and 14.75 oz cans

## EGGS

Choose one dozen containers of the store declared brand. Must be Grade-A, large.

## WHOLE GRAINS

### Whole Wheat Pasta

One pound (16 oz.) package  
Any brand or shape  
100% whole wheat flour and/or durum wheat flour must be the only flours listed on ingredient list

### Whole Grain Tortillas

One pound (16 oz.) package  
Whole wheat or corn tortillas from the brands below

### Celia's

Whole Wheat Tortillas  
Corn Tortillas

### La Banderita

Whole Wheat Tortillas  
Corn Tortillas

## Mission

Whole Wheat Tortillas  
Corn Tortillas

## Whole Grain Rice

One pound (14 - 16 oz.) bag or box  
Any brand of regular, instant or boil-in-bag rice

## Whole Grain or Whole Wheat Bread

One pound (16oz.) package  
Choose options listed below  
**Nature's Own**, 100% Whole Wheat  
**Nature's Own**, 100% Whole Wheat with Honey

**Pepperidge Farm**, Very Thin Whole Grain

**Sara Lee**, 100% Whole Wheat

**Wonder**, 100% Whole Wheat

**Arnold**, 100% Whole Grain Sliced Buns

## JUICES

**11.5 oz.– 12 oz. frozen and 11.5 oz. non-frozen pourable concentrate**

For women only

Must be 100% juice without added sweeteners

May contain added calcium

No fruit punch, fruit drink, or drink ades

Only the brands and flavors listed below

**Dole**, Pineapple

**Old Orchard**, All flavors (green lids only)

**Seneco**, Apple

**Any Brand**, Orange

**Welch's**, Grape, Apple, Tropical Passion

**Shelf stable, 100% juice**

**48 oz. containers for women only**

**64 oz. containers for children only**

**64 oz. refrigerated containers for children only**

**Juicy Juice**, All flavors

**Lucky Leaf**, Apple

**Northland**, Cranberry and Blends

**Seneca**, Apple

**Libby's**, Pineapple

**Welch's**, 48 oz. Grape, Red Grape, or White Grape

**Oceanspray**, All flavors

**Any Brand**, Orange (100% only)

## BEANS, PEAS, AND PEANUT BUTTER

### Canned and Dried Beans

May be canned (15 - 16 oz. containers) or dried (16 oz. containers)

No added sugar, fat, oil, or meat

Choose any brand. Includes black, great northern, kidney, garbonzo, fava, mung, pinto, or white beans. Black-eyed peas, split peas, chickpeas, and lentils are included as well.

## Peanut Butter

1 pound (15-16 oz.) container, any brand, may be creamy, crunchy, or extra crunchy

## INFANTS

### Infant Formula

The WIC Shopping List shows the brand, size, form (powder or concentrate), and quantity to purchase. No substitutions allowed.

### Dry Infant Cereal

Choose Gerber or Beech Nut (8 oz). No added fruit, DHA, or other additives

### Oatmeal

### Rice

### Multigrain

### Whole Wheat

### Infant Fruits and Vegetables

Any second-stage, single ingredient infant fruits and vegetables. No added sugar, starches, salt, or DHA.

Any combination of packages or jars that add up to the total ounces (oz.) received per month only in the sized and brands below

### Beech-Nut (Nothing Artificial Added) -

4 oz. jar

**Gerber** - 8 oz. (2 packs of 4 oz.)

**Earth's Best Organic Stage 1** - 4 oz. jar

### Infant Meats

**For exclusively breastfeed infants**

Includes plain chicken, turkey, ham, and beef

*No meat and vegetable or meat and pasta mixtures.*

*No DHA. No meat sticks.*

### Beech-Nut Stage 1

Meat with broth

2.5 oz. container

### Gerber 2nd Foods

Meat with gravy

2.5 oz. container

### Earth's Best Organic Stage 1

Chicken

Turkey

2.5 oz. container



**This institution is an equal opportunity provider.**

