

Iowa WIC Program Approved Foods — 10/1/2009 through 9/30/2010

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES																	
<p align="center">CEREAL</p> <p align="center">Cereal is brand and flavor specific</p> <p align="center">Any combination of approved cereals up to the total ounces on the check</p> <p align="center">Minimum package size is 10 ounces</p> <p align="center">NO added fruit, yogurt or nuts</p> <p align="center">+ Gluten free * Whole grain cereals</p>	<p>Ready to Eat Cereal: Cheerios – Only Plain* and Multi-Grain* Chex – Only Corn, Multi-Bran, Rice+, Wheat* Crispix Frosted Mini-Spooners – Plain only* Frosted Mini Wheats – Plain only; Big Bite* Frosted Mini Wheats – Plain only; Bite Size* Grape-Nuts* Kellogg's Corn Flakes Kix – Plain only Life – Plain only* Post Bran Flakes* Quaker Squares – Brown Sugar only* Rice Krispies – Plain only Special K – Plain only Wheaties*</p>	<p>Hot Cereal: Chocolate Malt-O-Meal Cream of Wheat – Plain and Whole Grain*; includes 1 minute, 2½ minutes and 10 minutes Original Malt-O-Meal</p>																
	<p align="center">ONLY these store brands of Bran Flakes*, Corn Flakes, Toasted Oats* and Crisp(y) Rice:</p> <table border="0"> <tr> <td>Always Save</td> <td>Flavorite</td> <td>IGA</td> <td>Our Family</td> </tr> <tr> <td>Best Choice</td> <td>Great Value</td> <td>Market Pantry</td> <td>Ralston</td> </tr> <tr> <td>Cub</td> <td>HyTop</td> <td>Mornin' Gems</td> <td>Shurfine</td> </tr> <tr> <td>Fastco</td> <td>HyVee</td> <td>Nature's Crunch</td> <td></td> </tr> </table>		Always Save	Flavorite	IGA	Our Family	Best Choice	Great Value	Market Pantry	Ralston	Cub	HyTop	Mornin' Gems	Shurfine	Fastco	HyVee	Nature's Crunch	
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<p>WHOLE WHEAT BREAD</p> <p align="center">Bread is brand specific</p> <p align="center">NO added fruit, nuts and seeds</p>	<p>16 ounce loaf</p> <p>Approved brands include:</p> <ul style="list-style-type: none"> • Arnold Light 100% Whole Wheat • Best Choice 100% Whole Wheat • Fareway Bake Shoppe Stone Ground Wheat • Our Family • Roman Meal Sungrain • Sara Lee Classic 100% Whole Wheat • Wonder Soft 100% Whole Wheat 																	
<p>SOFT CORN TORTILLAS</p> <p align="center">NO added flavoring</p>	<p>10-16 ounce package</p> <p>Approved brands include:</p> <ul style="list-style-type: none"> • Mission White Corn Premium Quality Tortillas • Mission White Corn Tortillas • Mission White Corn Super Size Tortillas • Mission Yellow Corn Extra Thin Tortillas • Mission Yellow Corn Super Size Tortillas • Cruz Yellow Corn Tortillas • Calidad Corn Tortillas • Best Choice Corn Tortillas • Don Pancho Corn Tortillas • La Burrita Corn Tortillas 																	
<p>BROWN RICE</p> <p align="center">NO added flavoring</p>	<p>14-16 ounce package</p> <p>Any brand of plain brown rice</p> <p>Includes instant, regular and boil-in-bag</p>																	

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<p style="text-align: center;">DRIED BEANS AND PEAS</p> <p>NO mixed beans or soup mix</p>	<p>Any brand in 16 ounce packages</p> <p>Includes black, black-eyed peas (cow peas or cow beans), kidney, garbanzo (chickpeas), great northern, lentil, limas (butter beans), navy, pinto, red, soybeans, split peas</p>
<p style="text-align: center;">CANNED BEANS (LEGUMES)</p> <p>NO added fat or meat</p> <p>NO wax beans, green beans or pork and beans</p>	<p>Any brand in 14-16 ounce cans</p> <p>Includes black, black-eyed peas (cow peas or cow beans), kidney, garbanzo (chickpeas), great northern, lentil, limas (butter beans), navy, pinto, red, refried beans with no added fat or meat, soybeans, split peas</p> <p><u>Allowed only when specified on the check:</u> Any brand Baked Beans in 14-16 ounce cans — No added fat or meat</p>
<p style="text-align: center;">PEANUT BUTTER</p> <p>NO peanut butter spreads</p> <p>NO added honey, jelly or other flavorings</p> <p>NO bulk or freshly ground</p>	<p>Any brand in containers of 16-18 ounces</p> <p>Includes chunky, crunchy, creamy, smooth, honey-roasted, reduced fat, low sodium and reduced sugar</p>
<p style="text-align: center;">CANNED TUNA</p> <p>NO added ingredients</p> <p>NO albacore tuna</p>	<p>Minimum container size of 5 ounces; includes cans and foil pouches</p> <p>Any brand of chunk light tuna including water packed and oil packed</p> <p>Includes regular and low sodium</p>
<p style="text-align: center;">CANNED SALMON</p> <p>NO red salmon</p> <p>NO added ingredients</p>	<p>Minimum container size of 5 ounces; includes cans and foil pouches</p> <p>Any brand of pink salmon with or without bones and skin</p> <p>Includes regular and low sodium</p>
<p style="text-align: center;">CASH VALUE VOUCHER FOR FRUITS AND VEGETABLES</p> <p>Dollar value is specified on each check</p> <p>If purchase exceeds value of check, participant may pay the difference</p>	<p><u>Fruits</u></p> <p>Allowed: Fresh fruit, frozen in juice or water</p> <p>Not allowed: Syrups or added sugar, dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures</p> <p><u>Vegetables</u></p> <p>Allowed: Fresh including any color sweet potatoes and yams, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, pasta or rice</p> <p>Not allowed: White potatoes, dried vegetables, herbs and spices, items from salad bars, party trays, nuts including peanuts</p>

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<p align="center">JUICE</p> <p>Only these brands, flavors and container sizes</p> <p>Approved brands and flavors also include calcium-fortified juices</p> <p>Only 100% unsweetened fruit juice</p> <p>Only 100% vegetable juice</p> <p>NO drinks, ades, nectars, cocktails, fruit beverages, twisters or coolers</p> <p>NO refrigerated juices</p>	<p>64 OUNCE BOTTLES</p>
	<p>Apple Juice: Apple & Eve, Best Choice, Cub, Flavorite, HyTop, Langers, Market Pantry, Mrs. Clark's, Old Orchard, Seneca, Shurfine, Tipton Grove, Tree Top</p> <p>Blended Fruit Juice (all flavors of these brands): Apple & Eve Cranberry Blends, Best Choice Juice Blends, HyVee Cranberry and Pomegranate Blends, HyVee Just Juice, Juicy Juice, Northland Cranberry Blends, Old Orchard, Our Family, Shurfine Juice-A-Lot</p> <p>Grape Juice – White or Purple: Best Choice, Cub, Flavorite, HyTop, Market Pantry, Midwest Country Fare, Mrs. Clark's, Old Orchard, Tipton Grove, Welch's</p> <p>Grapefruit Juice – White, Pink or Ruby Red: All brands of 100% grapefruit juice</p> <p>Orange Juice: All brands of 100% orange juice</p> <p>Pineapple Juice: HyTop</p> <p>Tomato Juice: Best Choice, Campbell's Regular, Healthy Request and Low Sodium; HyTop, HyVee, Market Pantry, Mrs. Clark's</p> <p>Blended Vegetable Juice – Regular and Low Sodium: Best Choice, Campbell's V-8 Plain only, HyTop, HyVee, Market Pantry, Mrs. Clark's</p>
	<p>32 OUNCE BOTTLES</p>
	<p>Tomato Juice: Campbell's Regular, Healthy Request and Low Sodium</p> <p>Blended Vegetable Juice – Regular and Low Sodium: Campbell's V-8 Plain only</p>
	<p>10-12 OUNCE FROZEN (single flavors only)</p>
	<p>Apple Juice: Best Choice, Cub, Flavorite, Food Club, Great Value, HyVee, HyTop, IGA, Market Pantry, Old Orchard, Seneca, Shurfine, Tree Top</p> <p>Grape Juice – White or Purple: Best Choice, Great Value, Market Pantry, Old Orchard, Seneca, Welch's (with yellow end cap)</p> <p>Grapefruit Juice – White, Pink or Ruby Red: All brands of 100% grapefruit juice</p> <p>Orange Juice: All brands of 100% orange juice Includes added calcium, with pulp, pulp-free, and reduced acid</p> <p>Pineapple Juice: Dole, Market Pantry, Old Orchard</p>

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<p align="center">MILK</p> <p>Cows milk — Any brand in the container size and fat content specified on the check</p> <p align="center">NO flavored milk</p>	<p>Whole milk, Vitamin D-fortified 1% Low Fat or Fat Free Skim Milk, Vitamin A and D-fortified 1% or 2% Sweet Acidophilus Milk Lactose Free Milk - Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid) Lactose Free Milk Whole Milk (e.g., Dairy Ease or Lactaid) Evaporated Fat Free Milk with Vitamins A & D Nonfat Dry Milk with Vitamins A & D Powdered Goat Milk – Meyenberg Brand Only Evaporated Goat Milk – Meyenberg Brand Only Whole Goat Milk – Meyenberg Brand Only 1% Low Fat Goat Milk – Meyenberg Brand Only</p>
<p align="center">EGGS</p> <p align="center">NO eggs that make special health claims</p>	<p>USDA Grade A or AA large eggs, white or brown Packaged in containers of one dozen</p>
<p align="center">CHEESE</p> <p align="center">NO sliced, cubed or crumbles</p> <p align="center">NO added ingredients or flavoring</p> <p align="center">NO processed cheese, cheese spreads or American cheese</p> <p align="center">NO cheese purchased from a service counter</p>	<p>Only 8 ounce and 16 ounce packages Only chunk, shredded or Mozzarella string cheese</p> <p>Natural and domestic cheeses including Cheddar, Colby-Jack, Colby, Monterey Jack, Mozzarella, and Swiss</p> <p>Includes varieties such as medium, sharp, extra sharp and Mozzarella string cheese 2% milk, low fat, and fat free natural cheeses are also allowed</p>
<p align="center">TOFU</p>	<p>Not approved at this time</p>
<p align="center">SOY BEVERAGE</p>	<p>Not approved at this time</p>

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INFANT FORMULA or MEDICAL FOODS NO substitutions	ONLY the brand of formula listed on the check ONLY the container size listed on the check ONLY the type of formula (powder, liquid concentrate or ready to use) specified
INFANT CEREAL NO added fruit NO added formula NO added DHA	Only 8 ounce and 16 ounce packages Includes barley, oatmeal, rice, mixed grain, multi-grain, and whole wheat Approved brands include: <ul style="list-style-type: none"> • Beechnut • Gerber • Heinz • Nature's Goodness
BABY FRUITS AND VEGETABLES NO added sugars, starches or salt NO blends NO dinners	Only 4 ounce containers Includes single fruits or single vegetables with or without DHA Approved brands include: <ul style="list-style-type: none"> • Beechnut Stage 2 • Gerber 2nd Foods • HyVee Mothers Choice Level 2 • Nature's Goodness From About 6 Months • Parent's Choice 2nd Foods
BABY MEATS NO dinners NO meat sticks	Only 2.5 ounce containers Includes pureed meat and gravy or broth Approved brands include: <ul style="list-style-type: none"> • Beechnut Stage 1 • Gerber 2nd Foods

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