

## Iowa WIC Program Approved Foods as of January 1, 2019

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
<p align="center"><b>CEREAL</b></p> <p align="center"><b>Cereal is brand and flavor specific</b></p> <p align="center">Any combination of approved cereals up to the total ounces specified</p> <p align="center">Minimum package size for national brands and store brands is 12 ounces.</p> <p align="center"><b>NO added fruit, yogurt or nuts</b></p> <p align="center"><b>+ Gluten free</b></p> <p align="center"><b>* Whole grain cereals</b></p>	<p><b>Ready to Eat Cereal: 12 oz. or larger</b></p> <p><u>General Mills</u>: Cheerios – only Plain* and Multi-Grain*; Chex – only Corn+, Rice+, Wheat*; Vanilla+, Blueberry*+ Cinnamon+; Kix – only Plain*, Berry Berry* and Honey*; Wheaties*; Total*; Fiber One Honey Clusters*</p> <p><u>Kelloggs</u>: Corn Flakes; Crispix; Frosted or Unfrosted Mini Wheats – only Plain* and Bite Size*; Rice Krispies; Special K – Plain only</p> <p><u>Malt-O-Meal</u>: Corn Flakes; Crispy Rice; Frosted Mini-Spooners – Plain only*; Oat Blenders– only Honey and Honey &amp; Almonds</p> <p><u>Post</u>: <b>Alpha Bits*</b>; Bran Flakes*; Grape-Nuts– only Original* and Flakes*; Great Grains*- Only Banana Nut Crunch; Honey Bunches of Oats (Almonds, Cinnamon Bunches, Honey Roasted, Pecan &amp; Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*)</p> <p><u>Quaker</u>: Life – only Plain*; Oatmeal Squares* (Brown Sugar, Cinnamon, Golden Maple, Honey Nut)</p> <p><b>ONLY these store brands 12 oz. or larger: Bran Flakes*, Corn Flakes, Corn Biscuits/Corn Squares, Crisp(y) Rice, Crispy Hexagons/Twin Grain Crisp, Frosted Shredded Wheat*, Frosted Bite-Size Shredded Wheat*, Multigrain Toasted Oats*/ Multigrain Tasteos*/Multigrain Medley*/Spins*, Nutty Nuggets*/Crunchy Nuggets*/ Nuggety Nuggets*/Wheat and Crunchy*, Oats and More/Honey and Oats, Oat Wise*/Simply Living*/4 Corner Crunch*/Live Life @ 100%/Crunchy Oat Squares*, Oatmeal Squares*/Oat Squares*, Rice Biscuits/Rice Squares, Toasted Oats*/ Tasteos*/ Happy O's*/Rollin Oats*, Wheat Flakes*, Wheat Squares*/Wheat Biscuits*</b></p> <ul style="list-style-type: none"> <li>• Always Save</li> <li>• Best Choice</li> <li>• Centrella</li> <li>• Clear Value</li> <li>• Essential Everyday</li> <li>• Fareway/Fastco</li> <li>• Great Value</li> <li>• HyTop</li> <li>• Hy-Vee</li> <li>• IGA</li> <li>• Kemach</li> <li>• Kiggin's</li> <li>• Our Family</li> <li>• Save-A-Lot</li> <li>• Schnucks</li> <li>• Shurfine</li> <li>• Signature Kitchens</li> <li>• Valu Time</li> </ul> <p><b>Hot Cereal:</b>  Cream of Wheat – Plain and Whole Grain*; includes 1 minute, 2 ½ minutes, and 10 minutes  Cream of Rice+  Malt-O-Meal Chocolate  Malt-O-Meal Original</p>

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	<ul style="list-style-type: none"><li>• Food Club</li><li>• Market Pantry</li></ul>

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<p><b>100% WHOLE WHEAT BREAD</b></p> <p><b>NO added fruit, nuts and seeds</b></p>	<ul style="list-style-type: none"> <li>• Must say “100% whole wheat” on the package and whole wheat must be the first ingredient on the label</li> </ul> <p>16 ounce loaf 100% whole wheat loaf approved brands include:</p> <ul style="list-style-type: none"> <li>• Arnold Light 100% Whole Wheat</li> <li>• Aunt Millie’s 100% Whole Wheat</li> <li>• Best Choice 100% Whole Wheat</li> <li>• Family Choice 100% Whole Wheat</li> <li>• Fareway 100% Whole Wheat</li> <li>• Great Value Whole Wheat</li> <li>• Healthy Life 100% Whole Wheat</li> <li>• HyVee 100% Whole Wheat</li> <li>• IGA 100% Whole Wheat</li> <li>• Lewis Bunny 100% Whole Wheat</li> <li>• Nature’s Own 100% Whole Wheat</li> <li>• Our Family 100% Whole Wheat</li> <li>• Ozark Hearth 100% Whole Wheat</li> <li>• Pepperidge Farm Stone Ground 100% Whole Wheat</li> <li>• Pepperidge Farm Very Thin Sliced 100% Whole Wheat</li> <li>• Roman Meal Sungrain 100% Whole Wheat</li> <li>• Sara Lee Classic 100% Whole Wheat</li> <li>• Schnucks 100% Whole Wheat</li> <li>• Shurfine 100% Whole Wheat</li> <li>• Shurfresh 100% Whole Wheat</li> <li>• Signature Select 100% Whole Wheat</li> <li>• Sunny Brook 100% Whole Wheat</li> <li>• Village Hearth 100% Whole Wheat</li> <li>• Wonder 100% Whole Wheat</li> </ul> <p>20 ounce loaf 100% whole wheat approved brands include:</p> <ul style="list-style-type: none"> <li>• Best Choice 100% Whole Wheat Sandwich Bread</li> <li>• HyVee 100% Whole Wheat</li> <li>• Nature’s Own 100% Whole Wheat</li> <li>• Nature’s Harvest 100% Stone Ground Whole Wheat</li> <li>• Sara Lee Classic 100% Whole Wheat</li> <li>• Sara Lee Delightful 100% Whole Wheat</li> <li>• Signature Select 100% Whole Wheat</li> <li>• Village Hearth 100% Whole Wheat</li> </ul> <p>24 ounce loaf 100% whole wheat (fully breastfeeding women only) brands include:</p> <ul style="list-style-type: none"> <li>• Arnold Dutch Country 100% Whole Wheat</li> <li>• Aunt Millie’s Best Grains 100% Whole Wheat</li> <li>• Aunt Millie’s Homestyle 100% Whole Wheat</li> <li>• Best Choice 100% Whole Wheat Sandwich Bread</li> <li>• Brownberry 100% Whole Wheat</li> <li>• Brownberry Natural 100% Whole Wheat</li> <li>• Country Hearth 100% Whole Wheat</li> <li>• Fiber One 100% Whole Wheat</li> <li>• New England 100% Whole Wheat</li> <li>• Oroweat Whole Grain 100% Whole Wheat</li> <li>• Our Family Country Style 100% Whole Wheat</li> <li>• Pepperidge Farm Farmhouse 100% Whole Wheat</li> <li>• Pepperidge Farm Whole Grain 100% Whole Wheat</li> <li>• Sara Lee Hearty &amp; Delicious 100% Whole Wheat</li> </ul>
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FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
	<ul style="list-style-type: none"> <li>• Hartford Farms 100% Whole Wheat</li> <li>• Nature's Pride 100% Whole Wheat</li> <li>• Village Hearth NE 100% Whole Wheat</li> </ul>

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FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
<b>SOFT CORN and WHOLE WHEAT TORTILLAS</b>  <b>NO added flavoring</b>	16 ounce package <b>Corn Tortillas (Yellow or White)</b> <ul style="list-style-type: none"> <li>• Carlita</li> <li>• Celia's</li> <li>• Chi-Chi's</li> <li>• Azteca</li> <li>• Best Choice</li> <li>• Best Yet</li> <li>• Calidad</li> <li>• Don Poncho</li> <li>• Essential Everyday</li> <li>• Food Club</li> <li>• Guerrero</li> <li>• Herdez</li> <li>• HyVee</li> <li>• IGA</li> <li>• La Banderita</li> <li>• La Burrita</li> <li>• Mama Lupe's</li> <li>• Mission</li> <li>• Our Family</li> <li>• Pepito</li> <li>• Sara Lee</li> <li>• Shurfresh</li> <li>• Tia Rosa</li> </ul> <b>Whole Wheat Tortillas</b> <ul style="list-style-type: none"> <li>• Celia's</li> <li>• Chi-Chi's</li> <li>• Azteca</li> <li>• Best Choice</li> <li>• Buenavita</li> <li>• Food Club</li> <li>• Frescado</li> <li>• Great Value</li> <li>• Hormel</li> <li>• HyVee</li> <li>• IGA</li> <li>• La Banderita</li> <li>• Mama Lupe's</li> <li>• Mission</li> <li>• Ortega</li> <li>• Our Family</li> <li>• Schnucks</li> <li>• Shurfine</li> <li>• Signature Kitchens</li> </ul>
<b>BROWN RICE</b>  <b>NO added flavoring</b>	14-16 ounce package includes instant and boil-in-bag 16 ounce any brand of plain regular brown rice
<b>Oatmeal</b>  <b>Oatmeal is brand specific</b>	16 ounce container Quick or old fashioned <ul style="list-style-type: none"> <li>• Mom's Best</li> <li>• Best Choice</li> <li>• Our Family</li> </ul>

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FOOD CATEGORY	<i>APPROVED BRANDS OR VARIETIES</i>
<p><b>DRIED BEANS AND PEAS</b></p> <p><b>NO mixed beans or soup mix</b></p> <p><b>NO added vegetables, fruits, meat, sugars, fats, or oils</b></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><b>PEANUT BUTTER</b></p> <p><b>NO peanut butter spreads or reduced fat</b></p> <p><b>NO added marshmallows, honey, jelly, chocolate or similar ingredients</b></p> <p><b>NO bulk or freshly ground</b></p>	<p>Store brand only in containers of 16-18 ounces</p> <p>Includes chunky, crunchy, creamy, smooth, low sodium and reduced sugar</p>
<p><b>CANNED TUNA</b></p> <p><b>NO added ingredients</b></p> <p><b>NO white albacore, solid or Yellowfin tuna</b></p>	<p>Any brand of chunk light tuna including water packed and oil packed</p> <p>Minimum container size of 5 ounces; includes cans and foil pouches</p> <p>Includes regular and low sodium</p>
<p><b>CANNED SALMON</b></p> <p><b>NO chum or red salmon</b></p> <p><b>NO added ingredients</b></p>	<p>Any brand of pink salmon with or without bones and skin</p> <p>Minimum container size of 5 ounces; includes cans and foil pouches</p> <p>Includes regular and low sodium</p>

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<p align="center"><b>JUICE</b></p> <p><b>Only these brands, flavors and container sizes</b></p> <p><b>Approved brands and flavors also include calcium-fortified juices</b></p> <p><b>Only 100% unsweetened fruit juice</b></p> <p><b>Only 100% vegetable juice</b></p> <p><b>NO drinks, ades, nectars, juice beverages, infant juices, cocktails, twisters or coolers</b></p>	<b>64 OUNCE BOTTLES – SHELF STABLE</b>
	<p><b>Apple Juice:</b> Always Save, Apple &amp; Eve, Baymist, Best Choice, Big Tex, <b>Corner Store</b>, Essential Everyday, Fareway, Great Value, Harvest Classic, HyTop, HyVee, IGA, Juicy Juice, Langers, Market Pantry, Mott's Original, Mrs. Clark's, Old Orchard, Our Family, Schnucks, Seneca, Shurfine, Signature Kitchens, Textsun, Tipton Grove, Tree Top</p> <p><b>Blended Fruit Juice (all flavors of these brands):</b> Apple &amp; Eve Cranberry Blends, Best Choice Juice Blends, Big Tex, Great Value, HyVee Cranberry and Pomegranate Blends, HyVee Just Juice, IGA, Juicy Juice, Langers, Market Pantry, Northland Cranberry Blends, Old Orchard, Our Family, Schnucks, Shurfine, Signature Kitchens, Textsun</p> <p><b>Grape Juice – White, Purple or Red:</b> Always Save, Baymist, Best Choice, Big Tex, Essential Everyday, Fareway, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Midwest Country Fare, Mrs. Clark's, Old Orchard, Our Family, Schnucks, Signature Kitchens, Textsun, Tipton Grove, Welch's</p> <p><b>Grapefruit Juice – White, Pink or Ruby Red:</b> All brands of 100% grapefruit juice</p> <p><b>Orange Juice:</b> All brands of 100% orange juice, with or without pulp</p> <p><b>Pineapple Juice:</b> Best Choice, Big Tex, Everyday Essential, Fareway, <b>Great Value</b>, HyTop, HyVee, IGA, Langers, Libby's, Old Orchard, Our Family, Schnucks, Signature Kitchens, Textsun</p> <p><b>Tomato Juice or Blended Vegetable Juice:</b> Best Choice, Big Tex, Campbell's (Regular, Healthy Request and Low Sodium), Diane's Garden, Essential Everyday, Fareway, Garden Fest, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Mrs. Clark's, Our Family, Schnucks, Signature Kitchens, Textsun, V-8 Plain only</p>
	<b>32 OUNCE BOTTLES – SHELF STABLE</b>
	<p><b>Tomato Juice or Blended Vegetable Juice:</b> see above for brands</p>

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	<p style="text-align: center;"><b>64 OUNCE CONTAINERS – REFRIGERATED JUICE</b></p> <p><b>Orange Juice</b> - All brands of 100% orange juice</p>
<p><b>JUICE (CONTINUED)</b></p>	<p style="text-align: center;"><b>11.5-12 OUNCE FROZEN (single flavors only)</b></p> <p><b>Apple Juice:</b> Best Choice, Food Club, Great Value, HyTop, HyVee, IGA, Market Pantry, Old Orchard, Our Family, Seneca, Shurfine, Tree Top</p> <p><b>Grape Juice – White or Purple:</b> Best Choice, Great Value, Market Pantry, Old Orchard, Seneca, Welch’s (with yellow end cap only)</p> <p><b>Grapefruit Juice – White, Pink or Ruby Red:</b> All brands of 100% grapefruit juice</p> <p><b>Orange Juice:</b> All brands of 100% orange juice Includes added calcium, with pulp, and pulp-free</p> <p><b>Pineapple Juice:</b> Dole, Langers, Market Pantry, Old Orchard</p>
<p><b>CASH VALUE VOUCHER FOR FRUITS AND VEGETABLES</b></p> <p><b>Dollar value is specified</b></p> <p><b>If purchase exceeds value specified, participant may pay the difference</b></p>	<p><u>Fruits</u> Allowed: Fresh fruit, frozen in juice or water Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt. No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p> <p><u>Vegetables</u> Allowed: Fresh including any potatoes, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, sugars, pasta or rice; Not allowed: Dried vegetables, herbs and spices, items from salad bars, party trays, nuts including peanuts; Frozen french fries, tator tots, potato rounds, diced potatoes, shredded hash browns, or hash brown patties with fats/oils, seasonings or sugars.</p>
<p style="text-align: center;"><b>MILK</b></p> <p><b>Cow’s milk — Any brand pasteurized with vitamins added in the container size and fat content specified</b></p> <p><b>NO flavored milk</b></p>	<p><u>Cow’s milk:</u></p> <ul style="list-style-type: none"> <li>• Whole milk</li> <li>• 1% Lowfat or Fat Free Skim Milk</li> <li>• Evaporated Fat Free Milk</li> <li>• Evaporated Whole Milk</li> <li>• Nonfat Dry Milk (powdered)</li> </ul>



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<b>NO rice or nut milks or milk with special health claims</b>	<u>Milk Alternatives:</u> <ul style="list-style-type: none"> <li>• Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid)</li> <li>• Lactose-Free Milk- Whole (e.g., Dairy Ease or Lactaid)</li> <li>• Sweet Acidophilus Milk- Fat free, 1% or 2%</li> <li>• Powdered Goat Milk – Nonfat or whole, Meyenberg Brand Only</li> <li>• Evaporated Goat Milk – Whole, Meyenberg Brand Only</li> </ul>
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FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
<b>EGGS</b> <b>NO eggs that make special health claims</b>	Any brand in containers of one dozen USDA Grade A, large, white or brown
<b>CHEESE</b> <b>NO sliced, cubed or crumbles</b> <b>NO added ingredients or flavoring</b> <b>NO processed cheese, cheese spreads or American cheese</b> <b>NO cheese purchased from a service counter</b>	Any brand in 8 ounce or 16 ounce packages Chunk, shredded or Mozzarella string cheese Natural and domestic cheeses including Cheddar, Colby, Colby-Jack, Monterey Jack, and Mozzarella Includes varieties such as medium, sharp, extra sharp 2% milk, lowfat, and fat free natural cheeses are also allowed
<b>TOFU</b> <b>No special health claims</b>	16 ounce packages Approved brands: Azumaya – Silken, Firm, Extra Firm House Foods (Premium) – Medium Firm, Firm, Extra Firm
<b>SOY BEVERAGE</b>	64 ounce containers Approved brands: 8 <sup>th</sup> Continent Original or Vanilla Soymilk Silk Original Soy Beverage
FOOD CATEGORY	APPROVED BRANDS OR VARIETIES

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<p><b>YOGURT</b>  <b>Nonfat, lowfat</b>  <b>Whole</b>  <b>Plain or flavored</b>  <b>Regular or Greek</b>  <b>No frozen yogurt,</b>  <b>yogurt tubes, or</b>  <b>drinkable yogurt</b>  <b>No added ingredients</b>  <b>such as granola, nuts,</b>  <b>honey, candy pieces,</b>  <b>etc.</b>  <b>No artificial</b>  <b>sweeteners</b>  <b>No organic</b></p>	<p><b>32 oz. Whole:</b>  <u>Brown Cow:</u> Maple, Plain, Vanilla  <u>Dannon:</u> Plain, Strawberry, Vanilla  <u>Mountain High:</u> Strawberry  <u>Oikos:</u> Plain  <u>Old Home:</u> Plain, Vanilla</p> <p><b>24 oz. Whole:</b>  <u>Country View Dairy:</u> Plain</p> <p><b>24 oz. Whole Greek:</b>  <u>Greek Gods:</u> Black Cherry, Chocolate Cherry, Chocolate Mocha, Chocolate Strawberry, Honey, Honey Blueberry, Honey Lemon, Honey Orange, Honey Peach, Honey Salted Caramel, Maple, Strawberry Honey, Vanilla Honey</p> <p><b>24 oz. LowFat:</b>  <u>Anderson Erikson:</u> Plain, Vanilla, Strawberry, Cherry Vanilla  <u>Country View Dairy:</u> Plain, Vanilla  <u>Land O Lakes:</u> Peach, Raspberry, Strawberry, Strawberry-Banana, Vanilla</p> <p><b>24 oz. LowFat Greek:</b>  <u>Greek Gods:</u> Plain  <u>Country View Dairy:</u> Plain</p> <p><b>32 oz. LowFat:</b>  <u>Best Choice:</u> Vanilla, Plain, <b>Strawberry</b>  <u>Coburn Farms:</u> Plain, Vanilla  <u>Dannon:</u> Plain, Strawberry, Strawberry-Banana, Vanilla  <u>Everyday Essentials:</u> Strawberry, Blueberry, Vanilla, Plain  <u>Great Value:</u> Strawberry Banana, Peach, Strawberry, Vanilla  <u>HyVee:</u> Blueberry, Peach, Vanilla, Strawberry, Strawberry-Banana  <u>Lucerne:</u> Vanilla, Strawberry  <u>Market Pantry:</u> Vanilla  <u>Mountain High:</u> Plain, Vanilla  <u>Our Family:</u> Blueberry, Peach, Strawberry, Vanilla  <u>Schnucks:</u> Vanilla, Strawberry, Plain  <u>Yoplait:</u> Strawberry, Vanilla, Peach, Strawberry-Banana</p> <p><b>24 oz. NonFat:</b>  <u>Land O Lakes:</u> Light Plain</p> <p><b>24 oz. NonFat Greek:</b>  <u>Greek Gods:</u> Plain</p>	<p><b>32 oz. Whole Greek:</b>  <u>Chobani Greek:</u> Plain  <u>Great Value:</u> Plain  <u>HyVee:</u> <b>Honey Salted Caramel</b>,  Plain  <u>Greek Gods:</u> Black Cherry Honey,  Plain, Strawberry-Honey, Vanilla-  Honey  <u>Old Home:</u> Plain, Vanilla</p>
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	<p><b>32 oz. NonFat:</b>  <u>Best Choice:</u> Plain, Vanilla  <u>Brown Cow:</u> Plain, Vanilla, Cream Top Plain  <u>Dannon:</u> Plain, Strawberry, Strawberry-Banana  <u>Everyday Essentials:</u> Plain  <u>Great Value:</u> Plain, Strawberry  <u>HyVee:</u> Plain  <u>Lucerne:</u> Plain  <u>Market Pantry:</u> Plain  <u>Mountain High:</u> Plain, Vanilla  <u>Old Home:</u> Plain, Vanilla  <u>Our Family:</u> Vanilla, Plain, Strawberry  <u>Schnucks:</u> Plain  <u>Shurfine:</u> Plain</p> <p><b>32 oz. NonFat Greek:</b>  <u>Best Choice:</u> Plain, Vanilla  <u>Chobani:</u> Blueberry, Plain, Vanilla, Strawberry  <u>Chobani Simply:</u> Vanilla  <u>Coburn Farms:</u> Vanilla  <u>Dannon Light &amp;Fit:</u> Plain  <u>Fareway:</u> Plain, Vanilla  <u>Great Value:</u> Plain, Vanilla  <u>HyVee:</u> Plain, Vanilla, Strawberry  <u>Nostimo:</u> Plain, Vanilla, Strawberry  <u>Oikos:</u> Plain, Vanilla  <u>Old Home:</u> Plain, Vanilla  <u>Open Nature:</u> Plain, Vanilla  <u>Our Family:</u> Plain, Vanilla</p> <p><b>32 oz. LowFat Greek:</b>  <u>Chobani:</u> Plain</p>
<p><b>INFANT FORMULA  or WIC Eligible  Nutritionals  NO substitutions</b></p>	<p>ONLY the brand of formula listed  ONLY the container size listed  ONLY the type of formula (powder, liquid concentrate or ready to use) specified</p>

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<p><b>INFANT CEREAL</b></p> <p><b>NO added fruit</b></p> <p><b>NO added formula</b></p> <p><b>NO added milk</b></p> <p><b>NO special claims such as added DHA/ARA or Organic</b></p>	<p>8 ounce and 16 ounce packages</p> <p>Includes rice, oatmeal, multigrain and whole wheat</p> <p>Approved brands include:</p> <ul style="list-style-type: none"> <li>• Beechnut</li> <li>• Gerber</li> <li>• Tippy Toes</li> </ul>
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FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
<p><b>INFANT FRUITS AND VEGETABLES</b></p> <p><b>NO added sugars, starches or salt</b></p> <p><b>NO desserts</b></p> <p><b>NO dinners</b></p>	<p>4 ounce containers, single or twin pack</p> <p>Includes fruits or vegetables, single flavor or blend</p> <p>May include white potatoes as an ingredient but not the primary ingredient</p> <p>Infants 9-11 months may receive a CVV for the purchase of fresh fruits and vegetables in lieu of a portion of the infant food fruits and vegetables.</p> <p>Approved brands include:</p> <ul style="list-style-type: none"> <li>• Beechnut Stage 2</li> <li>• Gerber 2<sup>nd</sup> Foods</li> <li>• Tippy Toes Stage 2</li> </ul>
<p><b>INFANT MEATS</b></p> <p><b>NO dinners</b></p> <p><b>NO meat sticks</b></p> <p><b>NO added sugars</b></p> <p><b>NO added salts</b></p>	<p>2.5 ounce containers</p> <p>Single flavor, beef, chicken, ham or turkey</p> <p>Includes pureed meat and gravy or broth</p> <p>Approved brands include:</p> <ul style="list-style-type: none"> <li>• Beechnut Stage 1</li> <li>• Gerber 2<sup>nd</sup> Foods</li> <li>• Tippy Toes Stage 2</li> </ul>