



New foods are always being added to WIC! This list is a supplement to the items found in the approved food book.

**Canned Beans**

15 OR 16 oz. cans

Examples: black, butter, chickpea/garbanzo, kidney, lima, navy, pinto, red, soy, split pea

NO baked beans, refried beans, or chili beans

Balance on receipt or WIC Shopper app	# Cans that you can buy
1.00	4
0.75	3
0.5	2
0.25	1

**Any Brand Peanut Butter**

Both store brand and national brand peanut butters are now WIC approved

**Whole Grains**

Whole Wheat Buns:

16 oz. hamburger, hot dog, or sandwich buns

Approved brands: Arnold, Brownberry, Healthy Life, Natures Harvest, Oroweat, Sara Lee

Whole Wheat Pasta: 16 oz., any brand



New foods are always being added to WIC! This list is a supplement to the items found in the approved food book.

**Canned Beans**

15 OR 16 oz. cans

Examples: black, butter, chickpea/garbanzo, kidney, lima, navy, pinto, red, soy, split pea

NO baked beans, refried beans, or chili beans

Balance on receipt or WIC Shopper app	# Cans that you can buy
1.00	4
0.75	3
0.5	2
0.25	1

**Any Brand Peanut Butter**

Both store brand and national brand peanut butters are now WIC approved

**Whole Grains**

Whole Wheat Buns:

16 oz. hamburger, hot dog, or sandwich buns

Approved brands: Arnold, Brownberry, Healthy Life, Natures Harvest, Oroweat, Sara Lee

Whole Wheat Pasta: 16 oz., any brand



New foods are always being added to WIC! This list is a supplement to the items found in the approved food book.

**Canned Beans**

15 OR 16 oz. cans

Examples: black, butter, chickpea/garbanzo, kidney, lima, navy, pinto, red, soy, split pea

NO baked beans, refried beans, or chili beans

Balance on receipt or WIC Shopper app	# Cans that you can buy
1.00	4
0.75	3
0.5	2
0.25	1

**Any Brand Peanut Butter**

Both store brand and national brand peanut butters are now WIC approved

**Whole Grains**

Whole Wheat Buns:

16 oz. hamburger, hot dog, or sandwich buns

Approved brands: Arnold, Brownberry, Healthy Life, Natures Harvest, Oroweat, Sara Lee

Whole Wheat Pasta: 16 oz., any brand

### Tube Style Yogurt

#### 16 oz. Lowfat Yogurt:

Chobani Greek: Strawberry

Chobani Kids: Strawberry Banana

Great Value: Strawberry/Blueberry, Melon Berry/Strawberry

Go Gurt: Strawberry, Cotton Candy/Melon Berry, Strawberry Riptide/Sponge Bob Berry, Super Punch/Hero Berry, Berry/Strawberry, SpongeBob Berry/Strawberry Splash, Sour Patch Kids Red Berry/Blue Raspberry, Jolly Rancher Green Apple/Watermelon, Hershey's Cookies N Crème

Siggi's: Strawberry

#### 32 oz. Lowfat Yogurt:

Go Gurt: Sponge Bob Berry/Strawberry Splash, Berry/Cherry, Strawberry Ice Castle/Vanilla Flurries, Red Berry/Blue Raspberry

Simply Go Gurt: Strawberry/Mixed Berry

#### 16 oz. Whole Milk Yogurt:

Brainiac: Strawberry, Strawberry Banana, Mixed Berry, Cherry Vanilla

### Tube Style Yogurt

#### 16 oz. Lowfat Yogurt:

Chobani Greek: Strawberry

Chobani Kids: Strawberry Banana

Great Value: Strawberry/Blueberry, Melon Berry/Strawberry

Go Gurt: Strawberry, Cotton Candy/Melon Berry, Strawberry Riptide/Sponge Bob Berry, Super Punch/Hero Berry, Berry/Strawberry, SpongeBob Berry/Strawberry Splash, Sour Patch Kids Red Berry/Blue Raspberry, Jolly Rancher Green Apple/Watermelon, Hershey's Cookies N Crème

Siggi's: Strawberry

#### 32 oz. Lowfat Yogurt:

Go Gurt: Sponge Bob Berry/Strawberry Splash, Berry/Cherry, Strawberry Ice Castle/Vanilla Flurries, Red Berry/Blue Raspberry

Simply Go Gurt: Strawberry/Mixed Berry

#### 16 oz. Whole Milk Yogurt:

Brainiac: Strawberry, Strawberry Banana, Mixed Berry, Cherry Vanilla

### Tube Style Yogurt

#### 16 oz. Lowfat Yogurt:

Chobani Greek: Strawberry

Chobani Kids: Strawberry Banana

Great Value: Strawberry/Blueberry, Melon Berry/Strawberry

Go Gurt: Strawberry, Cotton Candy/Melon Berry, Strawberry Riptide/Sponge Bob Berry, Super Punch/Hero Berry, Berry/Strawberry, SpongeBob Berry/Strawberry Splash, Sour Patch Kids Red Berry/Blue Raspberry, Jolly Rancher Green Apple/Watermelon, Hershey's Cookies N Crème

Siggi's: Strawberry

#### 32 oz. Lowfat Yogurt:

Go Gurt: Sponge Bob Berry/Strawberry Splash, Berry/Cherry, Strawberry Ice Castle/Vanilla Flurries, Red Berry/Blue Raspberry

Simply Go Gurt: Strawberry/Mixed Berry

#### 16 oz. Whole Milk Yogurt:

Brainiac: Strawberry, Strawberry Banana, Mixed Berry, Cherry Vanilla

### Chocolate Milk

Gallons and half gallons only

Skim, 1%, and Whole

### Chocolate Milk

Gallons and half gallons only

Skim, 1%, and Whole

### Chocolate Milk

Gallons and half gallons only

Skim, 1%, and Whole



Updated July 2020

This Institution is an equal opportunity provider.



Updated July 2020

This Institution is an equal opportunity provider.



Updated July 2020

This Institution is an equal opportunity provider.