



EFFECTIVE FEBRUARY 18, 2019
THRU SEPTEMBER 30, 2020

PENNSYLVANIA WIC
FOOD LIST

& SHOPPING
GUIDE





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Shopping Tips with Your eWIC Card

- Know your benefit balance. The best way to know your balance is to **KEEP YOUR LAST RECEIPT!**
- Your benefits become available on the Benefit Start Date at 12:01 AM and end at 11:59 PM on the Benefit End Date.
- You do not have to buy all your foods at one time. Buy what you need when you need it.
- Coupons and store promotions ("buy one, get one free") may be used with your eWIC card.
- Benefits that have not been spent **DO NOT** carry over to the next benefit period.

At Checkout:

- 1** Foods being purchased with your eWIC card must be included on your WIC benefit balance.
- 2** Before any foods are scanned, tell the cashier you are using an eWIC card.
- 3** Insert your card into the card reader and follow the directions. The system will ask you to enter your PIN.
- 4** The cashier scans items to confirm they are WIC-approved and are included within your family's benefits.
- 5** You must review and approve what you want to purchase before the sale is final. **The cashier should have you review the utilization receipt before you approve the purchase.**
- 6** The foods that you purchase will be removed from your eWIC card and you will get a benefit balance receipt that shows what is remaining.
- 7** Always keep your benefit balance receipt. It shows your family's available foods and the last day to spend your current benefits.





eWIC Card Security

- Protect your card. Keep it safe!
- Memorize your PIN.
- Do NOT give your PIN to anyone other than your trained WIC Proxy.
- Do NOT throw your eWIC card away when you have used all your benefits.
- If your card is lost or stolen or does not work at the store, contact your local WIC clinic.

Cheese

8 OR 16 OUNCE PACKAGES ONLY

ANY BRAND

- American Cheese (Pasteurized Process)
- Cheddar
- Cheddarella
- Colby (Longhorn)
- Cojack
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

FORMS ALLOWED:

- Block
- Sliced
- Shredded
- Stick
- String

These may be regular, reduced fat, lowfat or fat free, low cholesterol, lactose free, low sodium, ~~s~~ri~~x~~ed or calcium fortified.

Cheese must be marked with weight, type and cost.

Kosher cheese must be on your WIC benefit balance.

CANNOT BUY:

- Cubed
- Individually wrapped slices
- Imported
- Deli service
- Cheese foods
- Imitation cheese
- Cheese products or spreads
- Organic cheese
- Cheese with added ingredients
- Cheese packed in water

1 POUND
OF CHEESE
(16 oz)

=

1/2
POUND
(8 oz)

1/2
POUND
(8 oz)

NUTRITION FACT

Calcium and vitamin D work together to protect your bones. Calcium helps build and maintain bones, while vitamin D helps your body effectively absorb calcium.

CHEESE

Yogurt

32 OUNCE CONTAINERS ONLY

TYPE SPECIFIED ON WIC BENEFIT BALANCE -
WHOLE FAT, LOWFAT OR NONFAT

WHOLE FAT



All Natural
Plain,
Strawberry,
Vanilla



Plain

LOWFAT



Plain,
Vanilla



Plain,
Vanilla



Plain,
Vanilla



Peach, Plain,
Raspberry,
Strawberry, Vanilla,
Blended Blueberry



Plain



Plain,
Vanilla



Peach, Strawberry,
Strawberry Banana,
Vanilla



Strawberry,
Vanilla



Vanilla



Plain,
Vanilla



Plain,
Vanilla



Plain, Peach,
Strawberry



Harvest Peach,
Strawberry,
Strawberry Banana,
Vanilla





NONFAT



Plain,
Vanilla



Plain, Strawberry,
Strawberry Banana



Plain



Plain,
Vanilla



Plain



Plain



Plain



Plain



Plain,
Vanilla



Plain,
Vanilla



Plain,
Vanilla



Plain

CANNOT BUY:

- Greek
- Organic
- Drinkable yogurts
- Yogurts with non-nutritive sweeteners
- Yogurts with mix-in ingredients such as:
 - Granola
 - Candy pieces
 - Honey
 - Nuts



Soy Products

MUST BE LISTED ON WIC BENEFIT BALANCE

SOY BEVERAGES

32 OR 64 OUNCE CONTAINERS



Pacific - Ultra Soy
Original or Vanilla
Shelf Stable



8th Continent
Original or Vanilla
Refrigerated
Section



Silk
Original
Refrigerated
Section

CANNOT BUY: Any other brand or flavor of soy beverage

TOFU

16 OUNCE CONTAINERS ONLY



House Foods
Premium
*Medium Firm, Firm,
Extra Firm*



Nasoya
Silken



Azumaya
*Extra Firm,
Firm, Silken*

CANNOT BUY: Any other brand or type of tofu

NUTRITION FACT

Soy is a nutrient-rich food that contains complete protein, carbohydrates, fiber, healthy fats, vitamins and minerals important to good health. If you choose soy products, you may need other sources of calcium and vitamin D in your diet.



Milk

GALLONS OR HALF GALLONS

ANY BRAND

- Low fat (1% or 1/2%) or Skim, unless Whole milk or Reduced Fat (2%) is on your WIC benefit balance. Kefir and acidophilus milk are allowed.
- Lactose free, kosher, evaporated or dry milk can be purchased if it is on your WIC benefit balance.

CANNOT BUY:

- Flavored Milk
 - Buttermilk
 - Goat's Milk
 - Organic Milk
 - Ultra High Temperature (UHT) processed milk
 - Milk in glass bottles
 - Milk with added:
 - Calcium
 - Protein
 - Plant sterols
 - Vitamin C
 - Omega-3s



EXCEPTION: You may buy a single quart of milk only if it is listed on your WIC benefit balance.

NUTRITION FACT

Serve fat free or lowfat (1%) milk, cheese or yogurt at meals and snacks. They're packed with vitamins, minerals and protein for strong bones, teeth and muscles.

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Juice FOR CHILDREN

64 OUNCE BOTTLES OR CARTONS ONLY

100% PASTEURIZED JUICE



100% Juices, Sesame Street Flavors and Natural Style Apple Juice.
Not allowed: "Cranberry Juice and More" items and "Fruitables"



Tomato, Low Sodium Tomato, Low Sodium V8, V8



All Flavors



Pineapple



Apple



Apple



Apple



All flavors except premium flavors



Apple



Purple, Red or White Grape Juice, Super Berry, Tropical Trio

STORE BRANDS	APPLE	GRAPE	WHITE GRAPE	CRANBERRY	PINEAPPLE	VEGETABLE	TOMATO
Best Yet	●	●	●				
Diane's Garden	●	●	●				
Essential Everyday	●	●	●				
Food Club	●	●	●				
Giant	●	●	●				
Giant Eagle	●	●	●				
Great Value	●	●	●				
Hy-Top	●	●	●				
IGA	●	●	●				
Krasdale	●	●	●				
Market Pantry	●	●	●				
Parade	●	●	●				
Red and White	●	●	●				
Shoprite	●	●	●				
Shurfine	●	●	●				
Signature Select	●	●	●				
Tipton Grove	●	●	●				
Weis	●	●	●				

ANY BRAND ORANGE JUICE
Vitamin D & Calcium are okay.



CANNOT BUY: APPLIES TO ALL JUICE

- Ciders
- Cocktails
- Organic juice
- Juices with:
 - Non-nutritive sweeteners
 - Beta-carotene
 - Food colorings
 - Added sugars

Juice FOR WOMEN

11.5-12 OUNCES FROZEN CONCENTRATE

100% PASTEURIZED JUICE



All flavors
with green pull tabs



Apple



All flavors
with yellow pull tabs

ANY BRAND ORANGE JUICE
Vitamin D & Calcium are okay.

STORE BRANDS

	APPLE	GRAPE
Best Yet	●	●
Essential Everyday	●	●
Food Club	●	●
Giant	●	●
Great Value	●	●
Hy-Top	●	●
iGA	●	●
Market Pantry	●	●
Parade	●	●
Shoptite	●	●
Shurfine	●	●
Signature Select	●	●
Tipton Grove	●	●
Weis	●	●

48 OUNCE BOTTLES

100% PASTEURIZED JUICE



Apple, Naturally
Cranberry, Cranberry
Apple or Cranberry
Raspberry



All flavors



Traditional Cranberry



Apple

STORE BRANDS

	APPLE	GRAPE	WHITE GRAPE
Food Club	●	●	●
Giant Eagle	●	●	●
Red and White	●	●	●
Shurfine	●	●	●

SHELF STABLE CONCENTRATE

100% PASTEURIZED JUICE



All flavors with yellow trim

CALCIUM AND VITAMINS C AND D ARE OKAY.

No other added vitamins or minerals are allowed.

- Carbonation
- Omega-3s
- Vitamin A

- Vitamin E
- Alcohol
- Fiber

- DHA
- ARA

Fruits & Vegetables

- ✓ Organic is OK
- ✓ Any Brand

FRESH

BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut



DO NOT BUY:

- * Salad bar items, party platters or fruit baskets
- * Herbs, nuts or peanuts
- * Salad kits with nuts, croutons or dressing
- * Fruits or vegetables with dips
- * Dried fruit, fruit leathers or fruit snacks

FROZEN

BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK



DO NOT BUY:

- * With sugar, breading, butter, sauce, fat or oil
- * With meat, rice or pasta
- * Fries or tater tots
- * Soup

CANNED

BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass or plastic container
- ✓ Low sodium OK



DO NOT BUY:

- * With added meat, fat, oil, rice or pasta
- * With added sugar or in syrup
- * With non-nutritive sweetener
- * Pickled vegetables, sauerkraut or olives
- * Cranberry sauce or pie filling
- * Soup
- * Jarred salsa or pasta sauce
- * Infant or toddler foods or squeezable pouches
- * Anything with maraschino cherries
- * Relishes and ketchup

Organic fruits and vegetables can be purchased but tend to be more expensive. You will get more food with non-organic items.

**CHART TO ESTIMATE COST OF FRESH FRUITS & VEGETABLES
WHEN SOLD BY THE POUND**

Price per pound (lb)	Number of pounds you have								
	\$	1 lb	1 ½ lb	2 lb	2 ½ lb	3 lb	3 ½ lb	4 lb	4 ½ lb
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.17	5.92	6.76	7.61	8.45
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16		
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56		
2.49	2.49	3.74	4.98	6.23	7.47				

Cereals

12 OUNCE PACKAGES OR LARGER



CANNOT BUY: Any other brand, type of cereal or organic cereals.
Exception - For children, you may buy infant cereal in an 8 oz box or larger.



Original and Butter

Original

Cinnamon, Brown Sugar, Honey Nut, Golden Maple



Original or Flakes

Almonds, Honey Roasted, Cinnamon, Vanilla

Regular or Multigrain

Rice, Wheat, Wheat



Honey Clusters

Wheat Flakes



Original

Original, Little Bites, Touch of Fruit Raspberry

Maple Oatmeal



WAYS TO BUY 36 OUNCES OF CEREAL

You can buy any combination of WIC approved hot or cold cereals that add up to 36 ounces or less.

12

15 oz

+

21 oz

or

18 oz

+

18 oz



Instant-Original, 1, 2.5 or 10 min. Whole Grain, Healthy Grain



Simple Granola



Banana Nut Crunch



Regular, Honey Berry Berry



Whole Grain



Regular



Original and Strawberry



STORE BRANDS

Corn Flakes, Corn Squares (or biscuits), Rice Squares (or biscuits), Toasted Oats, or Tasteos

- Essential Everyday
- Food Club
- Giant
- Giant Eagle
- Great Value
- IGA
- Ralston Foods
- ShopRite
- Shurfine
- Weis

$$8 \text{ oz} + 18 \text{ oz} \text{ or } 12 \text{ oz} + 12 \text{ oz} + 12 \text{ oz} \text{ or } 12 \text{ oz} + 24 \text{ oz} = 13$$

Whole Grains

16 OUNCE PACKAGES

WHOLE WHEAT OR WHOLE GRAIN BREAD & ROLLS



100% Stoneground Whole Wheat Bread, 100% Whole Wheat Sandwich Rolls



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread, Multigrain Bread



100% Whole Wheat Bread



100% Stoneground Whole Wheat Bread



100% Whole Wheat with Honey



Country Style
100% Whole Wheat Bread



SunGrain
100% Whole Wheat Bread



Stoneground 100% Whole Wheat Bread, Very Thin Soft 100% Whole Wheat Bread or Light Style 100% Whole Wheat Bread



Classic 100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Stoneground Whole Wheat Bread Hamotzie, 100% Stoneground Whole Wheat Bread Mezonot or 6 pack Whole Wheat Rolls

STORE BRANDS

100% Whole Wheat Bread

- Best Yet
- Essential Everyday
- Giant
- Giant Eagle
- Great Value
- IGA
- Krasdale
- ShopRite
- Signature Select
- Weis

CANNOT BUY:

- Any other package size, brand or type of whole grain products
- Organic whole grains
- Whole grains with:

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- Added omega-3s
- Dried fruits

- Seeds
- Nuts

- Extra calcium
- Vitamin D



WHOLE WHEAT PASTA



Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti, Whole Wheat Macaroni, Whole Wheat Penne, Whole Wheat Rotini or Whole Wheat Vermicelli



Whole Wheat Spaghetti, Whole Wheat Elbow Macaroni, Whole Wheat Penne Rigate or Whole Wheat Rotini



Whole Wheat Elbows, Whole Wheat Linguine, Whole Wheat Penne, Whole Wheat Rotini, Whole Wheat Spaghetti or Whole Wheat Thin Spaghetti



Whole Grain Penne Rigate, Whole Grain Spaghetti, Whole Grain Thin Spaghetti, Whole Grain Rotini or Whole Grain Linguine



Whole Wheat Rotini, Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti or Whole Wheat Penne Rigate



100% Whole Wheat Spaghetti or 100% Whole Wheat Penne Rigate



Whole Wheat Penne Rigate, Whole Wheat Spaghetti, Whole Wheat Angel Hair or Whole Wheat Rotini

CANNOT BUY: Organic pasta or pasta with added sugars, fats, oils or salt.

WHOLE GRAIN BROWN RICE



Natural Whole Grain Brown Rice

STORE BRANDS

- Best Yet
- Essential Everyday
- Great Value
- IGA
- Market Pantry
- Shurfine
- Signature Select
- Weis



Whole Grains

16 OUNCE PACKAGES

TORTILLAS

SOFT CORN OR WHOLE WHEAT



Soft Whole Wheat
Tortillas



Yellow or
White Corn



White Corn or
Whole Wheat
Fajita Style



Yellow, White Corn
or Whole Wheat



Soft White Corn or
Whole Wheat Tortillas



Yellow, White Corn
or Whole Wheat



Fajita Style White
Corn or Soft Taco
Style Whole Wheat



Whole Wheat
Tortillas



Corn Tortillas or
Whole Wheat Tortillas



Yellow Corn,
Whole Wheat
Soft Taco or Whole
Wheat Fajita



Yellow Corn



Whole Wheat
with Honey



Whole Wheat



Yellow Corn
Extra Thin or Whole
Wheat



Whole Wheat



Whole Wheat



Whole Wheat
Fajita Style

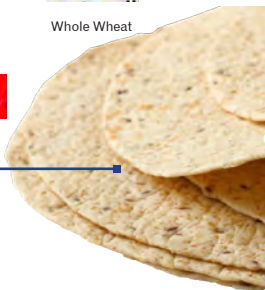


Whole Wheat

OATS



Natural Quick Oats and
Old Fashioned Quick Oats



Legumes (Beans)

Types of Beans to Purchase:

- 15.5 to 16 oz cans
- 1 pound of dried beans

Sugar in canned kidney beans is allowed.

You will be allowed to purchase dried or canned beans based on what is on your WIC benefit balance.

Examples, but not limited to the following:

- Black Beans
- Blackeye Peas
- Butter Beans
- Garbanzo Beans
- Great Northern
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pink Beans
- Pinto Beans
- Split Peas

CANNOT BUY: Canned green or yellow beans, green lima beans, wax beans, any canned bean item containing organic beans, added seasonings (spices), sugars, oils, fats, sauces or meats

NUTRITION FACT

Canned fish, peanut butter, beans and eggs are good sources of protein and cost much less than meat.

Canned Fish

3.75, 5, OR 6 OUNCE CANS ONLY

Any brand chunk Light Tuna,
Pink Salmon or Sardines

CANNOT BUY:

- Products packed in oil
- Albacore Tuna
- Brisling Sardines
- Red Salmon
- Organic Fish





Infant Foods

INFANT FORMULA

BRAND SPECIFIED

CANNOT BUY: Organic

INFANT CEREAL

8 OR 16 OUNCE CONTAINERS

Barley, rice, oatmeal, whole wheat or multigrain

CANNOT BUY:

- Organic varieties
- Cereals with added:
 - DHA
 - Fruit
 - Yogurt
 - ARA
 - Formula

INFANT FRUITS AND VEGETABLES

4 OUNCE CONTAINERS | Multipacks allowed

Any brand 100% vegetables and fruits allowed. *Mixed vegetables and fruits are allowed. For example: peas and carrots or sweet potatoes and apples*

CANNOT BUY:

- Added DHA, ARA, salt or sugar
- Desserts
- Organic Varieties
- Squeezable pouches
- Mixed with cereal, noodles, rice, meats, yogurt, flour, starches or any other ingredients

INFANT MEATS

2.5 OUNCE CONTAINERS | Fully breastfed babies only

Any brand single ingredient meats with or without gravy or broth are allowed. Pureed or diced only.

CANNOT BUY:

- Added DHA, ARA, salt or sugar
- Organic varieties
- Mixed with cereal, rice, noodles, vegetables, fruit or any other ingredients

MULTIPACK TIP:



= 1
Container



= 2
Containers

NUTRITION FACT

Breastfeeding is a priority of the WIC Program. It provides many health, nutritional, economical and emotional benefits to mother and baby.



Chicken Eggs

CARTONS OF ONE DOZEN

Grades A or AA brown or white chicken eggs are allowed.
Sizes allowed: large, medium or small

CANNOT BUY:

- Specialty eggs such as:
 - Vegetarian fed
 - Organic
 - Low cholesterol
 - Fat modified
 - High in omega-3s
 - Free Range
 - Egg Substitute



Peanut Butter

16 TO 18 OUNCE CONTAINERS

Any brand labeled "Peanut Butter" only

CANNOT BUY: Reduced fat peanut butter, peanut butter spread, those mixed with jelly, marshmallow, chocolate or honey, organic peanut butter, added omega-3s, DHA, ARA or non-nutritive sweeteners

Basic Rules and Regulations

Self-serve lines are not allowed.

Your WIC benefits will be available at 12:01 AM on the first day of the month and will expire at 11:59 PM on the last day of the month.

The type and quantity of foods you can buy for each month are listed on the WIC Benefit Balance.

If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference with another form of payment (SNAP, Cash, Credit/Debit).

Returns, rain checks or substitutions are not allowed. Identical exchange of store damaged product is allowed.

Coupons, buy one get one free, extra free ounces and discount/club cards are allowed.

Do not sell or exchange eWIC cards, food or formula for cash or credit. This includes selling WIC items online.

YOUR WIC AGENCY

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, [complete the USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov

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PA WIC is funded by the USDA.

