# SHOPPING GUIDE

## FOR HEALTHY FOODS

September 2024





WIC shopping made easy!

Download the ebtEDGE<sup>SM</sup> app



### When Benefits Are Available



#### Things to take shopping:

eWIC card.

Mobile ebtEDGE<sup>™</sup> app.

This Shopping Guide.

Coupons.

Store discount card.

Reusable grocery bags.

Your grocery list.

## **Checking Your Benefit Balance**



- $\square$  Keep your last store receipt.
- ☐ Log on to www.ebtedge.com
- ☐ Call eWIC Customer Service at (844) 230-0813.
- ☐ Check the ebtEDGE<sup>SM</sup> App.
- ☐ The ebtEDGE<sup>SM</sup> App gives families access to many benefit and account de .
- ☐ The ebtEDGE<sup>SM</sup> App can be added to **multiple devices** to give families access to benefit and account details.



With permission from the WIC participant, other family members can shop using the NC eWIC card.

### Need help?

For questions about the NC eWIC card:

Use the ebtEDGE<sup>SM</sup> App or call eWIC Customer Service at (844) 230-0813.

For questions about WIC food benefits while grocery shopping:

Use the ebtEDGE<sup>SM</sup> App to verify WIC-eligible foods on the shelf or to check your current benefit balance.

For questions about your WIC food benefits, or if you move or change your address: Contact your local WIC clinic.

For general information about the North Carolina WIC program:

Contact your local WIC clinic or visit our website at www.ncdhhs.gov/nc-wic-cacfp.

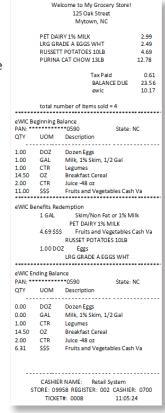
When using eWIC, your grocery receipts become a helpful tool, so keep them in your shopping guide. Take a look at these examples:

- Beginning Benefit Balance
   Benefits you can use for this purchase.
- WIC Items Purchased
  Benefits you used for this purchase.

1

3 Ending Benefit Balance
Remaining benefits available next time you shop this month.

|          | N            | 3280      | ries Quick<br>Happy Rd<br>town, NC |                   |
|----------|--------------|-----------|------------------------------------|-------------------|
|          |              |           |                                    | Time: 4:52 pr     |
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| Term in  | al: 0000     | 1103      |                                    | Sequence: 0317    |
|          |              | wic       | PURCHASE                           |                   |
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| Vendor   | ID: 088      | 40        |                                    |                   |
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| 2.00     | GAL          | FARM      | FRESH SKII                         | M MILK            |
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| ITEMS I  | PURCHA       | SED: 5    |                                    |                   |
| REMAIR   |              | C BENEF   |                                    |                   |
|          |              |           |                                    | ade A Large White |
|          | 2.00         | GAL       |                                    | on Fat or 1% M    |
|          | 1.00<br>0.00 | CTR<br>OZ | Beans/P<br>Breakfa                 | eas or Peanut     |
|          | 2.00         | CTR       |                                    | oz fl/12 oz C     |
|          |              |           |                                    | nd Vegetables     |
|          | 5.51         | 777       |                                    | . Tegetables      |
| RESULT   |              | APPRO     |                                    |                   |
|          |              | : 12547   |                                    |                   |
| TRACE    | NUMBE        | R: 17031  | 7                                  |                   |
|          |              | CAPDH     | OLDER CO                           | DV                |







### Fresh Produce: What's In Season?

#### Spring • The best time for: ☐ Asparagus: March/April ☐ Blueberries: May ☐ Broccoli: April/May ☐ Cabbage: May ☐ Lettuce: April/May ☐ Mushrooms: March/April/May ☐ Spinach: March/April/May ☐ Strawberries: April/May ☐ Sweet Potatoes: March/April/May Summer • The best time for: ☐ Plums: June/July/August ☐ Apples: August ☐ Potatoes: June/July ☐ Blackberries: June/July ☐ Blueberries: June/July ☐ Raspberries: June ☐ Cabbage: June/July/August ☐ Strawberries: June ☐ Sweet Corn: June/July/August ☐ Cantaloupe: July/August ☐ Carrots: July/August ☐ Sweet Potatoes: June/July/ ☐ Cucumber: June/July/August August ☐ Tomatoes: June/July/August ☐ Garlic: July/August ☐ Green Onions: June/July/August ☐ Watermelon: July/August ■ Mushroom: June ☐ Nectarines: July/August ☐ Onions: June/July ☐ Peaches: June/July/August ☐ Pears: August Fall • The best time for: ☐ Spinach: September ☐ Apples: September/October/ ☐ Sweet Corn: September November ☐ Sweet Potatoes: September/ ☐ Blackberries: September ☐ Cabbage: September/October/ October/November ☐ Tomatoes: September/October November ☐ Cucumbers: September/ October/November ☐ Green Onions: September ☐ Lettuce: October/November ☐ Peaches: September ☐ Pears: September/October ☐ Raspberries: September Winter • The best time for: Apples: December/ January/February

☐ Spinach: January/ February ☐ Carrots: January ☐ Sweet Potatoes: ☐ December/January/

February

#### **Shopping Tip**

If a fresh produce item does not scan at checkoutlet the store know so it can be added to their WIC database!

#### **FRUITS VEGETABLES** ✓ Single serving packets. Approved Approved Vegetables in cans, glass or with no added sugar, fats, oils or salt. with no added sugar, fats, or oils. plastic containers. ✓ Fresh vegetables. ✓ Fresh fruit. ✓ Organic vegetables. √ Frozen mature legumes ✓ Frozen fruit. **Not Approved** (beans, peas or lentils). ✓ Fruit juice-packed or water-Breaded vegetables. Frozen vegetables. packed in cans, glass or plastic Catsup or other condiments. ✓ Low-sodium vegetables. containers. Dried fruits. Pre-cut, diced, sliced or ✓ Pre-cut, diced or sliced fruit. Dried vegetables. shredded vegetables. ✓ Single serving packets. ✓ Canned tomato sauce or canned ✗ Dry or canned mature legumes ✓ Organic fruits. (beans, peas or lentils). tomato paste. ➤ Fruits or vegetables mixed with \* Fruit packed in cans, glass or Not allowed with cash-value sauces or foods other than plastic containers with artificial benefit other fruits and vegetables. sweeteners. ✗ Fruit and/or vegetable juices. ➤ Fruits or vegetables with Herbs used for flavoring. × Fruit baskets. added corn syrup, high-Infant fruits and vegetables. Fruit leathers and fruit roll-ups. fructose corn syrup, maltose, Ornamental and decorative ➤ Fruit or vegetable items on dextrose, sucrose, honey, fruits and vegetables. party trays. and/or maple syrup. Pickled vegetables, olives. Fruit or vegetable items on Soups salad bars. Juice Apple & Eve continued Food Club continued Approved □ Naturally Cranberry ☐ Orange Grove Style √ 48 oz and 64 oz ☐ Orange No Pulp Sesame Street Essential Everyday containers of single-☐ Tomato ☐ Big Bird's Apple ☐ Apple strength juice. ☐ Unsweetened Grape ☐ Cookie Monster's ☐ Apple with Calcium ✓ 100% JUICE, ☐ Unsweetened Apple Berry ☐ Apple Not unsweetened. Cider ☐ Elmo's Punch 100% Concentrate pasteurized. ☐ Unsweetened Orange ☐ Apple Cider ✓ Juices fortified with ☐ Grover's White Grape □ Unsweetened 100% ☐ Berry calcium, vitamin D or Pineapple □ Cherry vitamin C. ☐ Unsweetened White ☐ Country Style Orange √ Vegetable juice may be **Best Choice** Grape □ Cranberry regular or low sodium. ☐ White Grapefruit ☐ Cranberry Raspberry ✓ Packaged in plastic, Best Choice ☐ Apple ☐ Grape glass, cans or ☐ Berry ☐ Orange refrigerated paper ☐ Orange No Pulp □ Cherry cartons ☐ Grape ☐ No Pulp Orange Food Lion ✓ Organic juice. ☐ 100% Vegetable ☐ Punch Calcium/Vitamin D Not Approved ☐ Apple ☐ Grapefruit ☐ No Pulp Orange from ✓ Freshly squeezed juices. ☐ Orange Original ☐ Apple Juice Blend Concentrate ✓ Juice drinks or cocktails. ☐ Orange Pulp Free ☐ Some Pulp Orange ☐ Berry Blend ✓ Juices promoted for use ☐ Cherry □ Orange w/ Calcium from Concentrate by infants. ☐ Cranberry Blend ☐ Pineapple ☐ Pineapple ✓ Juices with added ☐ Fruit Punch □ Tomato ☐ Punch nutrients/additives ☐ Grape □ Vegetable □ Tomato other than calcium. ☐ White Grape ☐ Tomato Low Sodium ☐ Grapefruit vitamin D or vitamin C. ☐ White Grape ☐ Hot & Spicy 100% ✓ Juices with artificial Bluebird ☐ White Grapefruit Vegetable sweeteners. ☐ Vegetable ☐ No Pulp-Calcium/ ✓ Sports drinks. □ Vegetable Low Vitamin D Orange Bluebird Unsweetened Select from these brands ☐ No Pulp Orange Sodium □ Apple ☐ Orange ☐ Grapefruit ☐ Orange with Calcium □ Orange ☐ Pineapple Blend ☐ Pineapple Blend Everfresh Always Save Campbells ☐ Tomato ☐ Apple ☐ Apple ☐ Vegetable ☐ Kiwi Strawberry 100% ☐ Grape ☐ White Grape ☐ Pure Orange Campbell's ☐ White Grape Peach □ Tomato Food/Club ☐ Tomato Low Sodium

Food Club

DIANE'S GARDEN

Diane's Garden

□ Vegetable

☐ Apple

☐ Orange

☐ Orange Calcium

Vitamin DX

Freedoms Choice

☐ Apple

☐ Grape

□ Tomato

Apple & Eve

☐ Cranberry
Pomegranate
☐ Cranberry Raspberry

☐ Cranberry Apple

☐ Cranberry Grape

☐ Apple

☐ Mango☐ Orange Tangerine☐ Passion Dragonfruit





| Our Family  ☐ Apple                                 |
|---|
| ☐ Apple Cider                                       |
| ☐ Berry Flavor Blend                                |
| ☐ Cherry Punch                                      |
| ☐ Cranberry Grape                                   |
| ☐ Cranberry Raspberry                               |
| ☐ Fruit Punch Flavor                                |
| Blend   |
| ☐ Grape   |
| ☐ Grapefruit  |
| ☐ Orange Country Style with Medium Pulp             |
| ☐ Orange Original                                   |
| ☐ Orange Pulp Free                                  |
| ☐ Orange with Calcium                               |
| ☐ Orange from                                       |
| Concentrate   |
| ☐ Pineapple   |
| □ Tomato  |
| ☐ Vegetable   |
| <ul><li>□ Vegetable</li><li>□ White Grape</li></ul> |
| Publix.   |
| Publix  |
|   |
| ☐ Apple With Vitamin C                              |

- ☐ Calcium & Vitamin D
- Orange
- ☐ Grape
- ☐ Original Orange
- ☐ Premium Apple
- ☐ Ruby Red Grapefruit
- ☐ White Grape ☐ White Grapefruit



Ruby Kist

- ☐ Grape
- ☐ Pineapple



SE Grocers ☐ Apple

- ☐ Apple Premium
- ☐ Apple With Calcium ☐ Cranberry And Grape
- ☐ Cranberry Blend
- ☐ Grape
- ☐ Grapefruit
- ☐ Orange Juice
- ☐ Vegetable ☐ Essentials Orange
- ☐ Essentials Orange
- With Cal/Vit D
- ☐ Ruby Red Grapefruit Juice
- ☐ White Grape



Seneca ☐ Apple



Shopper's Value □ Orange



Southern Home

- ☐ Apple
- ☐ Apple With Calcium ☐ Cranberry Blend
- ☐ Unsweetened Orange
- ☐ White Grape
- ☐ White Grapefruit ☐ Orange Original
- ☐ Orange with Calcium



Texsun

- ☐ Apple
- ☐ Orange
- ☐ Orange Pineapple



That's Smart ☐ Grape



Tipton Grove 100%

- ☐ Apple
- ☐ Grape
- ☐ Premium Orange



- Tree Top 100%
- ☐ Apple
- □ Berry
- ☐ Grape



- ☐ Low Sodium Original
- ☐ Original
- ☐ Spicy Hot Vegetable



Valu Time Grape



Welch's

□ Apple ☐ Black Cherry Concord Notes

- Grape
- ☐ Grape ☐ Concord Grape with
- Fiber
- ☐ Grape with Calcium ☐ Red Grape
- ☐ Super Berry
- ☐ White Grape
- ☐ White Grape Cherry ☐ White Grape Peach
- ☐ White Grape
- □ Raspberry



White House ☐ Apple

#### Shelf Stable Concentrate

100% Juice



- Langers
- ☐ Apple ☐ Autumn Blend
- ☐ Grape
- ☐ Orange
- ☐ Spring Blend ☐ Summer Blend



Old Orchard

☐ 100% Cherry Pomegranate



- Wegman's
- ☐ Apple
- ☐ Apple with Calcium
- ☐ Orange
- ☐ Orange Country Style



Welch's

- □ 100% Apple
- ☐ 100% Fruit Fantastic
- □ 100% Grape

#### Juice

#### Frozen, Concentrate

An 11.5 or 12 ounce can of Frozen Concentrate with water added makes 48 ounces of juice.



Always Save ☐ Apple □ Orange

## Best Choice

Best Choice □ 100% Apple ☐ Country Style with Extra Pulp ☐ Orange Original ☐ Orange Pulp Free ☐ Orange with Calcium



Best Yet ☐ Apple ☐ Calcium Fortified 100% Orange ☐ Classic 100% Orange ☐ Country Style 100% Orange ☐ Pulp Free 100% Orange



Cascadian Farm ☐ Organic Orange



Essential Everyday ☐ Apple ☐ Country Style Orange ☐ Grape □ No Pulp Orange ☐ Orange with Calcium ☐ Original Orange

## Food/Club

Food Club ☐ Grape ☐ Orange Concentrate ☐ Unsweetened Apple Concentrate

Food Lion ☐ Apple

□ Orange ☐ Orange with Pulp



Freedom's Choice

☐ Apple ☐ Orange ☐ Orange No Pulp ☐ Orange Country Style ☐ Orange with Calcium



☐ Orange



Great Value □ 100% Apple

☐ 100% Calcium Orange ☐ 100% Country Style Orange

□ 100% Grape ☐ 100% Orange ☐ 100% Pulp Free Orange



☐ Apple ☐ Calcium Enriched Orange ☐ Country Style More Pulp Orange ☐ Original Orange

☐ Pulp Free Orange

Harris Teeter



Ну Тор ☐ 100% Apple ☐ 100% Orange



☐ 100% Apple ☐ 100% Grape ☐ Original Orange 100% ☐ Pulp Free Orange 100% Minute



Minute Maid **Original Orange** 



My Essentials ☐ Apple ☐ Orange ☐ Orange with Calcium ☐ Orange with Pulp



☐ 100% Apple Kiwi Strawberry

□ 100% Apple Raspberry

□ 100% Apple 100% Apple Cherry

□ 100% Apple Cranberry ☐ 100% Apple Passion

Mango 100% Apple

Strawberry Banana

☐ 100% Berry Blend

☐ 100% Black Cherry Cranberry

□ 100% Blueberry Pomegranate

☐ 100% Cranberry □ 100% Cranberry

Pomegranate □ 100% Cranberry Raspberry

□ 100% Grape ☐ 100% Orange

☐ 100% Orange with Calcium

☐ 100% Pineapple ☐ 100% Pineapple

Orange ☐ 100% Strawberry Rhubarb

☐ 100% White Grape ☐ Pineapple Orange Banana



Our Family □ Apple ☐ Orange Country Style with Medium Pulp ☐ Orange Original ☐ Orange Pulp Free ☐ Orange with Calcium

## Publix.

☐ Orange



SE Grocers ☐ Apple ☐ Grape

□ Orange ☐ Orange Pulp Free ☐ Orange With Calcium

□ Unsweetened Pineapple



□ 100% Apple



Southern Home

☐ Apple 100% ☐ Country Style Orange 100%

☐ Original Orange 100% ☐ Pulp Free 100%

Orange ☐ With Calcium 100% Orange

Texsun 100% Juice

☐ Apple ☐ Orange

☐ Orange Pineapple



Tipton Grove

□ 100% Apple ☐ 100% Orange



□ 100% Apple

## Wegmans

Wegmans

☐ 100% Apple with Calcium

☐ 100% Orange Country Style

☐ Apple ☐ Orange

Welch's

□ 100% Concord Grape

with Fiber □ 100% Grape

☐ 100% White Grape ☐ 100% White Grape

Cherry □ 100% White Grape Peach

☐ 100% White Grape Raspberry



#### **Eggs**

#### Approved

- ✓ One dozen container, chicken eggs only.
- ✓ All sizes.
- ✓ All grades.
- √ White or Brown eggs.
- ✓ Specialty eggs such as lowcholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or organic eggs.

#### Not Approved

× Powdered, liquid or hard boiled eggs.

#### Legumes

(Beans, peas, and lentils)

#### Approved

- ✓ 16 oz. bag or box.
- √ 15 oz. 16 oz. cans.
- ✓ Organic beans, peas or lentils.

#### DRY BEANS, PEAS, LENTILS

✓ Any type of plain, unseasoned mature dry beans, peas or lentils.

#### CANNED BEANS, PEAS, LENTILS

- ✓ Any type of plain, unseasoned mature canned beans, peas or lentils
- ✓ Low-sodium mature canned beans, peas or lentils.

#### Not Approved

- Canned beans with meat or added sugars, fat or oils.
- \* Frozen legumes (beans, peas or lentils). May be obtained with cashvalue benefits.
- ✗ Green beans or green peas (canned, fresh or frozen). May be obtained with cash-value benefits.
- × Soup mixes.

### **Canned Fish**

### for women who fully breastfeed

#### Approved

- √ 5 oz. 6 oz. cans or foil packs.
- ✓ Pink Salmon: Any brand, plain, unseasoned, packed in water, with or without bones.
- Chunk-Light Tuna: Any brand, plain, unseasoned, packed in water.
- ✓ Organic.

#### Not Approved

- \* Fish with added ingredients.
- × Lunch packs or kits.

### **Peanut Butter**

#### Approved

- 16-18 oz. containers.
- Less-sugar varieties.
- Lower-sodium, sodium-free or salt-free varieties.
- Plain, creamy, crunchy, or chunky.
- Reduced-fat varieties.
- ✓ Natural or organic peanut butter.

#### **Not Approved**

□ Creamy

☐ Crunchy

Avenue A

☐ Creamy

□ Crunchy

Best Choice

☐ Creamv

□ Crunchy

Better Valu

☐ Crunchy

O

CHA-CHING

Cha-Ching

☐ Creamy

☐ Crunchy

Better

- Freshly-ground peanut butter.
- Peanut butter combinations (jelly, chocolate, marshmallow).
- Peanut butter spread.

☐ Creamy Reduced Fat

**Best Choice** 

□ Natural Creamy

Peanut butter with artificial sweeteners.

#### Select from these brands



- Clear Value ☐ Creamy
- ☐ Crunchy



- Crazy Richards ☐ 100% Peanuts Creamy
- ☐ 100% Peanuts Crunchy



Essential Everyday ☐ Creamy

☐ Extra Crunchy



- ☐ Creamy
- ☐ Creamy Natural No Salt Added
- ☐ Creamy Reduced Sugar
- ☐ Crunchy



#### **Peanut Butter**



Food Lion ☐ Creamy

☐ Creamy Reduced Sugar

☐ Crunchy



Freedom's Choice ☐ Creamv

☐ Crunchy



Full Circle Organic ☐ Creamy No Sugar

Added ☐ Crunchy



Good & Gather ☐ Creamy

☐ Extra Crunchy □ Natural ☐ Natural Creamy

☐ Organic Creamy ☐ Organic Crunchy



Great Value ☐ Creamv □ Crunchy

☐ Organic Stir, Creamy ☐ Organic Stir, Crunchy



Harris Teeter ☐ Creamy

☐ Crunchy HARVEST

Harvest Farms ☐ Organic Creamy



qoT-vH ☐ Creamy ☐ Crunchy



☐ Creamy ☐ Crunchy



☐ Creamy ☐ Extra Crunchy



☐ Classic



Laura Lvnn ☐ All Natural Creamy

□ Creamy ☐ Creamy Reduced Sugar & Sodium

☐ Crunchy ☐ No Stir Natural Creamy



Lowes Foods ☐ Creamy

☐ Crunchy

#### MADE-WITH"

Made With

☐ Creamy

Maranatha

☐ Organic Creamy No Sugar Added

☐ Organic, Creamy ☐ Creamy

MARKET PANTRY

Market Pantry

☐ All Natural Creamy ☐ All Natural Crunchy

☐ Creamy □ Extra Crunchy



My Essentials ☐ Creamy

☐ Crunchy ature's Place:

Nature's Place ☐ Creamv ☐ Crunchy



Nature's Promise ☐ Creamy

☐ Organic Creamy ☐ Organic Crunchy



Once Again ☐ Creamy Natural ☐ Organic Creamy



Our Family ☐ Creamv

☐ Creamy Natural ☐ Crunchy

☐ Reduced Salt/Sugar Creamy



Panner

☐ Creamy ☐ Crunchy



Peter Pan ☐ Creamy

☐ Crunchy

□ Natural Creamy

## Publix.

Publix

☐ All Natural Creamy ☐ All Natural Crunchy ☐ Creamy

☐ Crunchy



Reese's ☐ Creamy



Santa Cruz Organic ☐ Dark Roasted □ Light Roasted



SE Grocers ☐ Organic Natural

Crunchy

☐ Creamy □ Crunchy

☐ Natural Creamy ☐ Naturally Better Organic



Shoppers Value ☐ Creamv

□ Crunchy



Shurfine

☐ Creamy Natural □ Creamy

☐ Crunchy simple truth Organic

Simple Truth Organic

☐ Creamv ☐ Crunchy



Skippy ☐ Creamy

☐ Super Chunk



☐ Natural Creamy ☐ Natural Chunky

☐ Organic Natural Creamy

☐ Organic Natural Chunky



Naturally Better Organic



Southern Home

□ Natural Creamy ☐ Natural Crunchy

☐ Creamy

☐ Crunchy



That's Smart ☐ Creamy

☐ Crunch



Valu Time

☐ Creamy □ Crunchy

## leamans

Wegmans

☐ Creamv □ Crunchy

☐ Organic Creamy

WILD OATS

□ Natural Creamy ☐ Natural Crunchy

#### **Bread**

#### Approved

- √ 16 oz. total.
- √ 100% whole grain and/or whole wheat bread.
- ✓ Organic.

Select from these brands



Arnold

□ 100% Whole Wheat ☐ Stone Ground 100% Whole Wheat



Baker's Choice ☐ Whole Wheat

## BIMBC

Bimbo

□ 100% Whole Wheat



□ 100% Whole Wheat



Cohblestone

□ 100% Whole Wheat Oval



Country Kitchen ☐ 100% Whole Wheat



□ 100% Whole Wheat



Food Lion ☐ 100% Whole Wheat Sliced



Freihofer's □ 100% Whole Wheat



Great Value □ 100% Whole Wheat



Harris Teeter □ 100% Whole Wheat



Healthy Life

□ 100% Whole Wheat ☐ Sugar Free 100% Whole Grain Wheat



Heidelberg □ 100% Whole Wheat



IGA

☐ 100% Whole Wheat



Lewis Bake Shon □ 100% Whole Wheat



Lowes Foods





Nature's Own

- □ 100% Whole Grain ☐ 100% Whole Wheat
- ☐ Sugar Free Life Whole Grain
- ☐ Whole Wheat with Honey



Our Family

□ 100% Whole Wheat □ 100% Whole Wheat Country Style



□ 100% Whole Wheat



Pepperidge Farm

- ☐ 100% Natural 100%
- Whole Wheat □ 100% Whole Wheat
- Thin Sliced ☐ Farmhouse 100%
- Whole Wheat
- ☐ German Dark Whole Grain Whole Wheat
- ☐ Jewish Rye WG

Pepperidge Farm continued ☐ Light 100% Whole

Wheat ☐ Soft 100% Whole

- Wheat ☐ Stone Ground 100%
- Whole Wheat ☐ Very Thin 100%
- Whole Wheat ☐ Whole Grain 15 Grain
- □ Whole Grain 100% Whole Wheat
- ☐ Whole Grain Oatmeal Bread
- □ Whole Grain Soft Honey Wheat
- ☐ Whole Grain Soft Sprouted
- ☐ 100% Whole Wheat Cinnamon Raisin Swirl

Publix

□ 100% Whole Wheat



Roman Meal

☐ Sungrain 100% Whole Wheat



Sara Lee

- □ 100% Whole Wheat
- ☐ 45 Cal 100% Whole Wheat Honey Flavor ☐ Classic 100% Whole
- Wheat



Schmidt

- □ 100% Whole Grain White Wheat
- ☐ Old Tyme 100% Whole Wheat



SE Grocers □ 100% Whole Wheat



Stroehmann ☐ 100% Whole Wheat



Sunbeam ☐ 100% Whole Wheat



Wegmans

- ☐ 100% Soft Wheat ☐ Organic Soft 100%
- Whole Wheat



□ 100% Whole Wheat

Notes

#### Buns

#### Approved

- √ 16 oz. total.
- √ 100% whole grain and/or whole wheat bread.
- ✓ Organic.



Arnold Select

- ☐ 100% Whole Wheat Hamburger Buns
- ☐ 100% Whole Wheat Hotdog Buns

#### Tortillas

#### Approved

- √ 16 oz. package.
- ✓ Soft corn (yellow or white) tortillas.
- ✓ Whole wheat tortillas.
- ✓ Organic.

Not Approved x Hard-shelled corn

tortillas.
Select from these brands

## Best Choice.

Best Choice
☐ Corn

☐ 100% Whole Wheat



Carlita

☐ 100% Whole Wheat ☐ 18 Corn



Celia's

☐ 100% Whole Wheat

Flour Corn

☐ Yellow Corn



Chi-Chi's

☐ Fajita Style☐ White Corn



Don Pancho

☐ White Corn



Essential Everyday

☐ 100% Whole Wheat ☐ White Corn



Food Club

☐ White Corn ☐ Whole Wheat



FOOD LION Food Lion

Whole Wheat

Tient I

**Value**Great Value

Flour Whole Wheat



Ну-Тор



ICA

- ☐ Taco Style Whole
- Wheat ☐ White Corn
- ☐ 100% Whole Wheat
- ☐ Yellow Corn



La Banderita

- ☐ Corn Tortillas ☐ Grande Corn Gluten
  - Free

## LA BURRITA

La Burrita Corn



Lowes
☐ Yellow Corn



Mi Casa

☐ Wheat

Mission

- ☐ 100% Whole Wheat Fajita
- ☐ 100% Whole Wheat Medium Soft Taco
- Medium Soft Taco

  ☐ 100% Whole Wheat
- Soft Taco
- ☐ Yellow Corn Extra Thin



**Notes** 

Ortega

☐ Whole Wheat



Our Family

- ☐ Fajita Style Wheat
- ☐ White Corn
- ☐ Whole Wheat ☐ Yellow Corn



Tio Sante

☐ 100% Whole Wheat

#### Barley, Bulgur, Oats

#### **Approved**

- ✓ 14-16 oz. bag or box.
- ✓ Plain barley, bulgur, and oats.
- ✓ May be instant, quick, or regular cooking.
- ✓ Without added sugars, fats, oils, or salt.
- ✓ Organic.

#### Barley



Good & Gather

☐ Pearled Barley



Goya ☐ Barley

#### Oats



Better Oats Organic
Old Fashioned



McCann's



Quaker

☐ 3 Minutes



The Silver Palate
☐ Thick & Rough Oatmeal

#### Whole Wheat Pasta

#### **Approved**

- √ 16 oz. package.
- √ 100% whole-grain and/or whole-wheat pasta.
- ✓ All shapes.
- ✓ Organic.

#### **Not Approved**

Added sugars, fats, oils or salt (sodium).



#### Barilla

- ☐ Whole Grain Angel Hair
- ☐ Whole Grain Elbows☐ Whole Grain Linguine☐ Pasta Whole Grain
- Rotini

  ☐ Whole Grain Pasta
- Thin Spaghetti
  ☐ Whole Grain Penne
- Pasta
  ☐ Whole Grain
  Spaghetti



#### Bionatura

- ☐ 100% Organic Whole Wheat Fusilli 16 oz.
- ☐ 100% Organic Whole Wheat Spaghetti 16 oz.



Delallo Organic

☐ Orzo

☐ Penne Rigate
☐ Spaghetti



Essential Everyday

- ☐ Whole Wheat Elbow Macaroni
- ☐ Whole Wheat Penne Rigate
- ☐ Whole Wheat Rotini ☐ Whole Wheat
- Spaghetti
  ☐ Whole Wheat Thin
  Spaghetti



Food Lion

- ☐ Whole Wheat Thin Spaghetti
- ☐ Whole Wheat Penne Rigate



Full Circle

- ☐ Organic 100% Whole
- Wheat Penne Rigate
  ☐ Organic 100% Whole
  Wheat Rotini
- ☐ Organic Whole Wheat
- Angel Hair
  ☐ Organic Whole Wheat
- Spaghetti

Great Value

- ☐ Whole Wheat Elbow Pasta
- ☐ Whole Wheat Linguine Pasta
- ☐ Whole Wheat Penne
- ☐ Whole Wheat Rotini Pasta
- ☐ Whole Wheat Thin Spaghetti



Harris Teeter

- ☐ 100% Whole Gain Thin Spaghetti
- ☐ 100% Whole Grain Penne Rigate
- ☐ 100% Whole Grain Rotini
- □ 100% Whole Grain Spaghetti
- ☐ Organic Whole Wheat Rotini
- Organic Whole Wheat
  Angel Hair
- Organic Whole Wheat Penne
- ☐ Organic Whole Wheat Spaghetti



Hodgson Mill

- ☐ Whole Wheat Spirals ☐ Whole Wheat Veggie
- Bows

  Whole Wheat Whole
- Grain Angel Hair

  ☐ Whole Wheat Whole
  Grain Elbows
- ☐ Whole Wheat Whole Grain Spaghetti
- ☐ Whole Wheat Whole Grain Thin Spaghetti



- HT Traders
- ☐ Whole Wheat
- Capellini

  ☐ Whole Wheat Fusilli
- ☐ Whole Wheat Penne Rigate
- ☐ Whole Wheat Rigatoni
- ☐ Whole Wheat Spaghetti



Laura Lynn

- □ 100% Whole Grain
- Spaghetti

  ☐ 100% Whole Grain
- Penne

  100% Whole Grain
  Rotini



Lowes

- ☐ Whole Wheat Penne☐ Lowes Whole Wheat
- Penne Bronze Cut

  ☐ Lowes Whole Wheat
  Thin Spaghetti



Our Family

Rotini

## □ Spaghetti Publix

- Publix

  100% Whole Grain
- Penne
  ☐ 100% Whole Grain
  Spaghetti

## RACCONTO

Racconto

- ☐ 100% Whole Wheat Capellini
- □ 100% Whole Wheat
- ☐ 100% Whole Wheat
- □ 100% Whole Wheat
- Linguine
  ☐ 100% Whole Wheat
  Penne Rigate
- ☐ 100% Whole Wheat Rigatoni ☐ 100% Whole Wheat
- Rotini
  ☐ 100% Whole Wheat
  Spaghetti



Dansani

- ☐ 100% Whole Grain Linguini
- ☐ 100% Whole Grain Penne Rigate
- ☐ 100% Whole Grain Rotini
- ☐ 100% Whole Grain Spaghetti
- ☐ 100% Whole Grain Thin Spaghetti

Simply balanced

☐ Organic Whole Wheat

- Farfalle
  ☐ Organic Whole Wheat
- Fusilli
  ☐ Organic Whole Wheat
  Penne Rigate
- ☐ Organic Whole Wheat Spaghetti

Tinkyáda

Tinkvata Pasta Joy

☐ Brown Rice Penne ☐ Brown Rice Spaghetti

Notes

#### **Brown Rice**

#### Approved

- √ 14 oz. 16 oz. bag or box.
- ✓ Plain, whole-grain brown rice.
- ✓ Instant, quick or regular cooking.
- ✓ Organic brown rice.

#### Not Approved

- Brown rice with added sugar, fats, oils or salt (sodium).
- × Mixtures of rice.
- \* Seasoned or flavored rice.

#### Select from these brands



Ben's Original

- ☐ Boil In Bag Whole Grain Brown Rice
- ☐ Instant Whole Grain Brown Rice
- ☐ Whole Grain Brown Rice

### **Best Choice**

Best Choice

- ☐ Boil-In-Bag Instant Brown Rice
- ☐ Brown Rice
- ☐ Instant Rice Brown Rice



Rest Yet

☐ Instant Brown Rice



Blue Ribbon

☐ Whole Grain Brown Rice



- C & F Foods
- ☐ Boil-In-Bag Whole Grain Brown Rice
- ☐ Brown Rice



Essential Everyday

- ☐ Instant Brown Rice □ Natural Brown
  - Rice

## Food/Club

Food Club

- ☐ Boil-In-Bag Instant Brown Rice
- ☐ Instant Brown Rice ☐ Long Grain Brown
- Rice

**FOOD LION** Food Lion

- ☐ Boil-In-Bag Brown
- ☐ Long Grain Instant Brown Rice
- ☐ Long Grain Natural **Brown Rice**



FREEDOM'S

Freedom's Choice

☐ Instant Brown Rice ☐ Long Grain Brown Rice



Good & Gather

- ☐ Instant Brown Rice
- ☐ Long Grain Brown Rice



☐ Brown Rice



- Great Value
- ☐ Boil-In-Bag Instant Brown Rice
- ☐ Brown Rice
- ☐ Instant Brown Rice



- **Gulf Pacific** ☐ Long Grain Brown
- Rice ☐ Instant Brown Rice



Harris Teeter

- ☐ Boil-in-Bag Brown
- Rice ☐ Instant Brown Rice
- ☐ Organic Long Grain Brown Rice
- ☐ Whole Grain Brown Rice



qoT vH

- ☐ Instant Precooked Brown Rice
- ☐ Long Grain Brown Rice



☐ Long Grain Brown Rice



Laura Lynn ☐ Brown Rice

☐ Instant Brown Rice



- Lowes Foods
- ☐ Long Grain Brown
- □ Instant Brown Rice

## ahatma

Mahatma ☐ Brown Rice



Minute

□ Instant Whole Grain Brown Rice



My Essentials

- ☐ Boil-In-Bag Brown
- Rice
- Long Grain Instant **Brown Rice**
- □ Long Grain Natural Brown Rice



Our Family

☐ Brown Rice ☐ Instant Brown Rice

### Publi

- ☐ Whole Grain Brown Rice
- ☐ Whole Grain Instant Brown Rice



Rice On The Side

☐ Instant Brown Rice ☐ Long Grain Brown

Rice



SE Grocers

- ☐ Boil In Bag Long Grain **Brown Rice**
- ☐ Instant Brown Rice ☐ Natural Long Grain



Shur Fine

☐ Instant Brown Rice



Simple Earth

□ Whole Grain Brown Rice



Southern Home

- ☐ Brown Rice Long Grain
- ☐ Instant Boil-In-Bag Brown Rice
- ☐ Instant Brown Rice

## vuccess

☐ Boil-In-Boil Bag Whole Grain Brown



- □ Natural Whole Grain Brown Rice
- ☐ Whole Grain Boil-In-Bag Brown Rice
- ☐ Whole Grain Fast & Natural Instant Brown Rice



Wegmans

☐ Long Grain Brown Rice

#### **Breakfast Cereal** Approved √ 11.8/12 oz. or larger **General Mills** Bag or box. General Mills Harris Teeter Food Club ✓ Organic. ☐ Bite Size Frosted ☐ Berry Berry Kix □ Enriched Bran Flakes ☐ Blueberry Chex ☐ Frosted Shredded Shredded Wheat Not Approved ☐ Cheerios Wheat Strawberry ☐ Bite Size Frosted × Single serving ☐ Cheerios Organic ☐ Instant Oatmeal Shredded Wheat packets ☐ Cheerios 2 Pack ☐ Live Wise Whole Grain Select from these brands ☐ Cheerios with ☐ Corn Flakes ☐ Live Wise Crispy Oat ☐ Oatmeal Squares Strawberry Squares ☐ Cheerios Vanilla Spice □ Nutty Bites With Brown Sugar ☐ Cinnamon Chex SESAME STREET ☐ Regular Instant □ Oatmeal Squares ☐ Corn Chex Brown Sugar Oatmeal ☐ Dora The Explorer ☐ Toasted Oats ☐ Straw Frosted 123 Sesame Street ☐ Honey Kix ☐ 123 Berry Shredded Wheat ☐ Kix ☐ 123 C Is For ☐ Toasted Oats ☐ Multi Grain Cheerios ☐ Wheat Squares Cinnamon ☐ Multi Grain Cheerios **Essential Choice** with Strawberry ☐ Bran Flakes Ну-Тор ☐ Rice Chex □ Oat ☐ Bite Size Frosted □ Vanilla Chex ☐ Wheat & Crunchy Shredded Wheat Always Save ☐ Vanilla Spice Cheerios ☐ Bran Flakes ☐ Frosted Shredded ☐ Wheat Chex ☐ Corn Flakes Wheat □ Wheaties ☐ Toasted Oats ☐ Crisp Rice FOOD LION ☐ Whole Grain Total ☐ Crispy Honey Oats & Food Lion ☐ Bite Size Frosted Flakes Grain Berry Shredded Wheat ☐ Toasted Oats Bitesize Strawberry Avenue Grain Berry Frosted Shredded ☐ Toasted Oats ☐ Apple Cinnamon Wheat ☐ Cinnamon Frosted ☐ Bran Flakes **Best Choice** ☐ Honey Nut ☐ Easy Living Oat ☐ Toasted Oats ☐ Bite Size Frosted **Best Choice** Squares Blueberry Shredded ☐ Bran Flakes ☐ Multigrain Tasteeos Wheat ☐ Frosted Shredded ☐ Regular Instant ☐ Bite Size Frosted Wheat Bite Size Straw Oatmeal Great Value Shredded Wheat ☐ Frosted Wheat Bite ☐ Simply Living Oat □ Bran Flakes ☐ Bite Size Frosted ☐ Tasteeos Toasted ☐ Crunchy Nuggets Strawberry Shredded ☐ Happy O's Oat ☐ Crunchy Oat Squares Wheat ☐ Live Life @ 100% ☐ Shredded Wheat ☐ Bite Size Shredded ☐ Nutty Nuggets Toasted Multi-Grain Wheat ☐ Wheat Crisps ☐ Toasted Wheat ☐ Bran Flakes ☐ Wheat Flakes Freedoms Choice □ Toasted Whole Grain ☐ Nutty Nuggets ☐ Bran Flakes Better ☐ Original Toasted Oats ☐ Frosted Shredded □ Wheat Squares alu □ Tasteeos Wheat ☐ Toasted Oats □ Toasted Oats. Hannaford. Better Valu Kashi □ Corn Flakes Fred Meyer. Hannaford CREAM □ Bran Flakes Kashi Organic Fred Meyer WHEAT ☐ Frosted Shredded ☐ Blueberry Cluster ☐ Toasted Oats Wheat ☐ Honey Toasted Cream Of Wheat ☐ Nutty Nuggets ☐ Warm Cinnamon ☐ Whole Grain 2 1/2 □ Original Instant Minute Oatmeal ☐ Straw Frosted Essential Notes Shredded Wheat EVERYDA' ☐ Tasteeos Toasted Oat Essential Everyday ☐ Toasted Wheat ☐ Bite Size Shredded □ Toasted Oats □ Wheat Flakes Wheat Frosted □ Crispy Hexagons ☐ Crispy Rice ☐ Crunchy Oat Squares ☐ Crunchy Wheat Squares

☐ Crunchy Oat Squares
☐ Multigrain
☐ Nutty Nuggets
☐ Toasted Oats
☐ Wheat Bran Flakes

## **Breakfast Cereal**

|   | Malt-O-Meal continued   | Post continued  |   |
|---|---|---|---|
| Kelloggs Kelloggs   | ☐ Frosted Shredded Wheat ☐ Frosted Strawberry Shredded Wheat                      | ☐ Honey Bunches Of Oats Vanilla ☐ Honey Bunches Of Oats Whole Grain | Southern Home   |
| ☐ All Bran Complete Wheat Flakes ☐ Complete Bran ☐ Corn Flakes        | ☐ Toasted Oats ☐ Blueberry Mini Spooners  | Honey Crunch Shredded Wheat Honey Nut                               | ☐ Bran Flakes ☐ Frosted Shredded Wheatsouthern Home             |
| ☐ Corn Flakes Cinnamon  Frosted Mini Wheats ☐ Bite Size Strawberry    | ☐ Frosted Mini Spooners ☐ Strawberry Cream Mini Spooners                          | Publix.   | continued  ☐ Strawberry Frosted Shredded Wheat ☐ Toasted Oats   |
| ☐ Bite Size Pumpkin Spice ☐ Blueberry                                 | MARKET PANTRY   | Publix ☐ Bran Flakes ☐ Frosted Wheat                                | Sunbell   |
| ☐ Blueberry Muffin ☐ Chocolate ☐ Cinnamon                             | Market Pantry  Frosted Shredded  Wheat  | ☐ Nutty Nuggets ☐ Original Instant Oatmeal ☐ Original Oat Crunch    | Sunbelt Bakery ☐ Simple Granola                                 |
| ☐ Cinnamon Roll ☐ Chocolate ☐ Filled Mixed Berry ☐ Golden Honey       | ☐ Frosted Strawberry<br>Shredded Wheat  | Conginal oat cruntin  | Wegmans   |
| ☐ Little Bites ☐ Mixed Berry ☐ Original                               | essentials  | Quaker    Instant Oatmeal   | Wegmans ☐ Bran Flakes ☐ Corn Flakes                             |
| ☐ Original Little Bites ☐ Pumpkin Spice ☐ Strawberry                  | My Essentials ☐ Frosted Shredded Wheat ☐ Multigrain Tasteeos                      | ☐ Life Multigrain<br>Strawberry<br>☐ Life Multigrain Vanilla        | Oatmeal   |
| ☐ Touch Of Fruit Raisin ☐ Touch Of Fruit Raspberry ☐ Special K Banana | ☐ Strawberry Shredded Wheat ☐ Tasteeos Toasted Oat                                | ☐ Life Original  Multigrain  ☐ Oatmeal Squares                      | Food Club   |
| Special K Original  | Our Family.   | Golden Maple  Ralston   | □ Regular Instant   |
| Kiggins ☐ Bite Size Frosted   | Our Family  4 Corner Crunch  Original   | Ralston ☐ Frosted Shredded  | Food Lion  Food Lion  Regular Instant                           |
| Shredded Wheat  ☐ Bran Flakes ☐ Rollin' Oats                          | ☐ 4 Corner Crunch Original Multi-Grain ☐ 4 Corner Original Oat                    | Wheat Bite Size ☐ Oat Wise ☐ Tasteeos                               | Harris<br>Teeter  |
| Laura   | ☐ Frosted Bite Size Shredded Wheat ☐ High Fiber Bran Flakes ☐ Multi-Grain Toasted | □ Wheat Bran Flakes □ Wheat Flakes  SE GROCERS                      | Harris Teeter ☐ Original Instant                                |
| Laura Lynn ☐ Toasted Oats ☐ Little Bit Nutty                          | Oats  Nutty Nuggets  Original Instant   | SE Grocers  | Our Family:  Original Instant                                   |
| ☐ Toasted Oats ☐ Toasted Oats Multi Grain ☐ Wheat Bran Flakes         | Oatmeal  Strawberry Cream Frosted Bite Size                                       | ☐ Essentials Toasted Oats ☐ Frosted Shredded Wheat                  | Publix.   |
| Lowes   | Shredded ☐ Toasted Oats ☐ Wheat Flakes  | ☐ Original Instant Oatmeal ☐ Oat Squares                            | Publix Original Instant Oatmeal                                 |
| Lowes Foods  ☐ Bran Flakes ☐ Nutty Nuggets                            | Piggly Wiggly  Piggly Wiggly  | ☐ Wheat Bran Flakes   | QUAKER  |
| ☐ Tasteeos Toasted Oat<br>☐ Frosted Shredded<br>Wheat                 | ☐ Enriched Bran Flakes ☐ Frosted Shredded Wheat ☐ Toasted Oats                    | Shur Fine ☐ Bran Flakes ☐ Frosted Bite Size                         | Quaker Original Instant Oatmeal Multigrain Original             |
| -Malt O Meal  Malt O Meal   | Post  | Shredded Wheat  Lively Oats  Nutty Crunchers                        | ☐ Cinnamon Squares ☐ Golden Maple Squares ☐ Brown Sugar Squares |
| ☐ Blueberry Mini Spooners ☐ Frosted Mini                              | Post ☐ Grape-Nuts ☐ Great Grains Banana   | ☐ Toasted Oats ☐ Wheat Squares                                      | SE GROCERS  |
| Spooners ☐ Strawberry Cream Mini Spooners                             | Nut Crunch ☐ Great Grains Crunchy Pecan   |   | SE Grocers  Original Instant                                    |

#### Sov-based Beverage Tofu Approved GreenWise Approved √ 14 oz. – 16 oz. √ 64 oz. containers, unflavored. Greenwise Organic ✓ Organic. ✓ Organic. ☐ Extra Firm Not Approved \* Flavored. Not Approved ☐ Firm Tofu with added fats, sugars, oils or × Containing artificial sweeteners. salt (sodium). A House Foods Select from these brands Select from these brands House Foods ☐ Extra Firm ☐ Firm ☐ Medium Firm Azumaya ☐ Soft ☐ Extra Firm Nasoya Organic 8th Continent ☐ Firm ☐ Extra Firm ☐ Soymilk Soy-Based Beverage ☐ Extra Firm ☐ Silken vitasov Franklin Vitasov Great Value ☐ Firm ☐ Original Soymilk Franklin Farms □ Soft ☐ Extra Firm ☐ Sprouted Black Soybean ☐ Firm ☐ Medium Firm Silk ☐ Organic Firm ☐ Soft ☐ Original Soymilk

#### Milk

#### Approved

Cow's milk: Only the type/quantity specified on your WIC food benefits list. Approved cow's milk types include organic milk.

#### Gallon, Half Gallon, or Quart

√ Skim (nonfat) milk

(women and children over age 2).

- √ 1% (lowfat) milk
  - (women and children over age 2).
- √ 2% (reduced-fat) milk
  - (if approved by WIC nutritionist).
- ✓ Whole milk

(children under age 2 or prescribed by a physician).

#### Half gallon

✓ Lactose-reduced or lactose-free milk.\* \*If approved by WIC nutritionist. Want this? Contact your local WIC office.

#### Quart

✓ Ultra-High Temperature milk.\*

\*If approved by WIC nutritionist. Want this? Contact your local WIC office.

#### 12 oz. can (5 cans count as 1 gallon)

√ Evaporated milk.\*

\*If approved by WIC nutritionist. Want this? Contact your local WIC office.

#### Cheese

#### Approved

- √ 8 oz. or 16 oz. packages.
- ✓ Block, sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded.

Any of the following types of cheese or blends of any of these cheeses:

- ✓ Brick.
- ✓ Cheddar.
- ✓ Colby.
- ✓ Monterey Jack.
- ✓ Mozzarella.
- ✓ Muenster.
- ✓ Provolone.
- ✓ Swiss.
- ✓ Lower-sodium varieties.
- ✓ Reduced-fat and

reduced-cholesterol varieties.

- ✓ Organic cheese.
- ✓ Pasteurized processed American.

#### Not Approved

- × Cheese foods.
- × Cheese products.
- × Cheese spreads.
- Cheese with additions such as wine, nuts, seeds, jalapenos, pimentos, herbs, spices, seasonings or flavorings (wine or smoked).
- × Deli or hoop cheese.

#### Laura Lynn continued Dannon continued ☐ Greek Whole Milk **Yogurt** ☐ Strawberry ☐ Low Fat Vanilla All ☐ Strawberry Banana Natural Whole Milk Approved □ Vanilla Plain ✓ Total package size 16 ☐ Plain Greek ☐ Whole Milk Vanilla or 32 oz. Fage ☐ Whole Milk ☐ Nonfat Plain ✓ Pasteurized. Strawberry ✓ Plain or flavored. Whole Milk Vanilla ✓ Organic. ood/Clu Activia Low/Non Fat Lowes Foods ☐ Black Cherry Not Approved ☐ Greek Nonfat Plain □ Blueberry Food Club ☐ Greek Nonfat Vanilla × Drinkable yogurts. □ Blended Strawberry ☐ Fruit Bottom ☐ Light Nonfat Vanilla × Yogurts sold with Pineapple Coconut Low Fat ☐ Low Fat Vanilla ☐ Fat Free Plain accompanying mix-in ☐ Fruit Fusion Blue ☐ Nonfat Plain ☐ Low Fat Vanilla Blackberry ingredients such □ Nonfat Vanilla ☐ Greek Nonfat ☐ Fruit Fusion Cherry as granola, candy ☐ Low Fat Vanilla ☐ Greek Nonfat Vanilla Vanilla pieces, honey, nuts MAPLE HILL ☐ Fruit Fusion Peach and similar ingredients. Mango = organic = × Yogurts with artificial ☐ Fruit Fusion Maple Hill sweeteners. Strawberry/Raspberry ☐ Organic Plain Whole □ Lactose Free Select from these brands Milk Strawberry Food Lion Light Blueberry ☐ Low Fat Plain MARKET Nonfat ☐ Low Fat Vanilla ☐ Light Peach Nonfat ☐ Nonfat Greek Plain ☐ Light Strawberry Market Pantry □ Nonfat Greek Vanilla ☐ Greek Nonfat Plain Nonfat ☐ Plain Nonfat □ Nonfat Strawberry ☐ Light Vanilla Nonfat ☐ Greek Nonfat Vanilla ☐ Whole Greek Plain ☐ Low Fat Lactose Free Great Value Morning tresh Strawberry Brown Cow □ Lowfat Vanilla □ Mango Morning Fresh ☐ Whole Milk Plain ☐ Mixed Berry □ Low Fat Vanilla □ Whole Milk Vanilla □ Peach Nonfat Plain ☐ Peach Nonfat ☐ Whole Milk ☐ Prunes ☐ Fat Free Plain ☐ Strawberry ☐ Fat Free Vanilla Harris Teeter Cabot Creamery ☐ Strawberry Banana ☐ Greek Nonfat Plain ☐ Low Fat Plain ☐ Greek Plain ☐ Greek HMadagascar □ Vanilla ☐ Greek Nonfat Vanilla ☐ Low Fat Vanilla ☐ Vanilla Nonfat Blend ☐ Original Style Plain Vanilla Cinnamon ☐ Greek Whole Milk ☐ Plain Greek Low Fat ☐ Original Style Vanilla Oikos ☐ Plain Greek Nonfat ☐ Plain Greek Vanilla ☐ Strawberry Blended □ Nonfat Plain ☐ Pro Plain ☐ Organics Low Fat Greek ☐ Vanilla Bean Greek Nancv's ☐ Vanilla Blended Greek Vanilla Nonfat ☐ Organic Whole Milk ☐ Whole Milk Plain ☐ Organics Whole Milk Essential Plain Greek ☐ Zero Sugar Strawberry ☐ Reduced Fat Greek ☐ Whole Milk Plain Nonfat Essential Everyday ☐ Zero Sugar Vanilla ☐ Blended Peach Low Nature's Promise HAWTHORNE Nonfat Fat ☐ Organic Greek Nonfat ☐ Plain Low Fat Vanilla Chobani ☐ Raspberry Low Fat Hawthorne Valley ☐ Organic Greek Whole ☐ Organic Plain ☐ Strawberry Banana Milk Whole Milk Low Fat ☐ Organic Low Fat ☐ Strawberry Low Fat Vanilla Vitamin D ☐ Greek Honey Vanilla ☐ Plain Nonfat ☐ Organic Whole Milk Reduced Fat ☐ Greek Plain Nonfat Plain ☐ Nonfat Greek ☐ Greek Vanilla Nonfat LALA Lowfat ☐ Vanilla Low Fat □ Mango -Nostimo ☐ Plain ☐ Greek Nonfat Plain ☐ Strawberry ☐ Greek Nonfat Vanilla Coburn Farms □ Vanilla ☐ Plain Low Fat OIKOS ☐ Vanilla Low Fat aura Oikos Lynn ☐ Plain Greek Nonfat DANNO ☐ Vanilla Bean Laura Lynn □ Nonfat Vanilla □ Fat free Nonfat All ☐ Nonfat Vanilla Dannon Natural Plain ☐ Peach Low Fat Plain □ All Natural Plain ☐ Greek Nonfat Plain

☐ Light & Fit Greek Plain

□ Nonfat Strawberry

□ Low Fat Vanilla□ Plain Whole Milk

☐ Greek Nonfat Vanilla



| 16 | pl | lai | ŀ |
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#### **Notes**

| Yoplait                                   |  |
|---|--|
| ☐ Greek 100 Calories                      |  |
| Nonfat Plain                              |  |
| _   |  |
| ☐ Low Fat Original                        |  |
| Harvest Peach                             |  |
| ☐ Low Fat Original                        |  |
| Strawberry                                |  |
| ☐ Low Fat Original                        |  |
| Strawberry Banana                         |  |
| ☐ Low Fat Original                        |  |
| Vanilla                                   |  |
| ☐ Original Blueberry                      |  |
|   |  |
| Kids Yogurt                               |  |
| ☐ Strawberry/Banana                       |  |
| _ cups                                    |  |
| ☐ Strawberry/Berry                        |  |
| cups                                      |  |
| ☐ Strawberry/                             |  |
| Blueberry cups                            |  |
| ☐ Strawberry/Cotton                       |  |
| Candy cups                                |  |
| ☐ Trix Value Pack cups                    |  |
| ☐ Wild Berry/Cotton                       |  |
| •   |  |
| Candy cups                                |  |
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| Ne - 1                                    |  |
| The BRE                                   |  |
| ( a )                                     |  |
|   |  |
| Go-Gurt tubes                             |  |
| ☐ Berry/Cherry                            |  |
| ☐ Berry/Strawberry                        |  |
| ☐ Berry                                   |  |
| ☐ Cotton Candy                            |  |
| ☐ Crayola Tropical                        |  |
| Strawberry                                |  |
| ☐ Punch/Strawberry                        |  |
| Cimply Ctrowborns                         |  |
| ☐ Simply Strawberry ☐ Simply Variety pack |  |
| Simply variety pack                       |  |
| ☐ Sour Patch Kids                         |  |
| ☐ Sponge Bob value                        |  |
| pack                                      |  |
| ☐ Strawberry Mixed                        |  |
| Berry                                     |  |
| ☐ Strawberry, Punch                       |  |
| ☐ Strawberry/Mystery                      |  |
| ☐ Strawberry/Vanilla                      |  |
| ☐ Strawberry 8-2                          |  |
| ☐ Strawberry Mix Berry                    |  |
| ☐ Strawberry Mystery                      |  |
| ☐ Variety pack                            |  |
| - variety pack                            |  |
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# WIC is here to help you achieve your breastfeeding goals.

Call your local WIC agency today and ask about the breastfeeding services, support, and food packages available to you.

#### **Formula**

#### **Approved**

✓ Only the brand, size, type, and quantity specified on your WIC Food Benefits list.

## Infant Cereal after 6 months of age

#### Approved

- √ 8 oz. containers
- ✓ Plain, dry infant cereal.
- ✓ Organic infant cereal.

#### **Not Approved**

Infant cereal with added fruit or formula.

#### Select from these brands



Baby Basics

☐ Oatmeal ☐ Rice



Reech-Nut

- ☐ Complete Multigrain☐ Complete Oatmeal
- ☐ Golden Corn
- ☐ Multigrain
- ☐ Oatmeal ☐ Organics Oatmeal Whole
  - Grain



Comforts for Baby

☐ Oatmeal ☐ Rice



- Earth's Best Organic
- ☐ Whole Grain Multigrain
- ☐ Whole Grain Oatmeal
- ☐ Whole Grain Rice



Gerbe

- ☐ Mixed Grain
- ☐ Multigrain☐ Oatmeal
- ☐ Organic Oatmeal
- ☐ Organic Rice☐ Rice
- ☐ Whole Wheat



Home 360

- ☐ Baby Rice☐ Oatmeal
  - kuddles

Kuddles



Tippy Toes

☐ Oatmeal ☐ Rice



Up & Up

☐ Oatmeal ☐ Rice

## Infant Meats for fully-breastfeeding infants after 6 months of age

#### **Approved**

- ✓ 2.5 oz. containers.
- ✓ Plain meat with gravy or with broth.

#### Not Approved

- ➤ Meat and pasta mixtures
- Meat and vegetable mixtures.
- Infant meats with added sugars or salt (sodium).

#### Select from these brands



Baby Basics

☐ Chicken with Gravy☐ Turkey with Gravy



Beech-Nut

- ☐ Classics Beef & Beef Broth
- ☐ Classics Chicken & Chicken Broth☐ Classics Turkey & Turkey Broth
- ☐ Variety Pack 12 Count



Earth's Best

- ☐ Organic Chicken
- ☐ Organic Turkey



Gerber

### 2nd Foods

- ☐ Beef & Beef Gravy☐ Chicken & Chicken Gravy
- ☐ Chicken & Chicken Gravy
- ☐ Pureed Classic Variety Pack☐ Sampler Pack
  - ☐ Turkey & Turkey Gravy
  - ☐ Variety Pack, Chicken and

# Infant Fruits & Vegetables after 6 months of age

#### **Approved**

- ✓ Any single fruit or blend.
- ✓ Any single vegetable or blend.
- ✓ Any combination.
- ✓ 3.5 oz.–4 oz. containers (single).
- ✓ 2 oz., 3.5 oz., 4 oz. (2 pack).
- ✓ Organic.

#### Not Approved

- Infant fruits or vegetables with added sugar, starches, or salt (sodium),
- ➤ Infant fruits with artificial sweeters.

#### Select from these brands



| Baby Basics                             |   |
|---|---|
| ☐ Apple Banana<br>☐ Apple Blueberry     |   |
| ☐ Apple Mango                           |   |
| ☐ Apple Strawberry ☐ Applesauce         | _ |
| ☐ Carrots                               |   |
| ☐ Mixed Vegetables                      | _ |
| ☐ Pears<br>☐ Squash                     |   |
| ☐ Sweet Potato                          |   |
| C. 14                                   |   |
|   |   |
| Beech-Nut                               |   |
| Beech-Nut                               | _ |
| ☐ Apple Mango Carrot<br>☐ Apple Peach & |   |
| Strawberry                              | F |
| ☐ Apple Sweet Potato &                  | ř |
| Pineapple                               | _ |
| ☐ Banana, Apple &                       |   |
| _ Blueberries                           |   |
| ☐ Banana, Apple &                       | _ |
| Strawberry                              |   |
| ☐ Banana, Pear & Sweet Potato           |   |
| ☐ Carrot, Zucchini &                    | _ |
|   | _ |

☐ Chiquita Bananas ☐ Peach, Apple &

☐ Pear, Banana &

Raspberry
☐ Pear, Mango &

Banana

Squash

| Beech-Nut continued                           |
|---|
| □ Pumpkin, Zucchini &                         |
| Apple   |
| ☐ Squash, Peas & Pears ☐ Veggies 9 Pouches    |
| Variety Pack                                  |
| ☐ Zucchini, Spinach &                         |
| Banana  |
| Naturals                                      |
| ☐ Apple, Kale<br>☐ Apple, Pumpkin,            |
| Cinnamon                                      |
| ☐ Banana Apple                                |
| Blueberry                                     |
| ☐ Banana Blueberry<br>Avocado                 |
| ☐ Banana, Blueberries,                        |
| Green Beans                                   |
| ☐ Beet, Pear,                                 |
| Pomegranate<br>☐ Fruit & Veg Variety          |
| Pack 16 Pack                                  |
| ☐ Bananas                                     |
| ☐ Bartlett Pears<br>☐ Butternut Squash        |
| ☐ Butternut Squash ☐ Carrots                  |
|   |
| ☐ Green Beans<br>☐ Honeycrisp Apple           |
| ☐ Prunes                                      |
| ☐ Sugar Snap Peas<br>☐ Sweet Potatoes         |
| ☐ Sweet Potatoes ☐ Apple & Blackberry         |
| ☐ Apple & Strawberry                          |
| ☐ Banana Orange                               |
| Pineapple                                     |
| ☐ Carrot Corn Pumpkin                         |
| ☐ Guava Pear &<br>Strawberry                  |
| ☐ Mango Apple                                 |
| Avocado                                       |
| ☐ Pear Blueberry                              |
| ☐ Peas Green Beans<br>Asparagus               |
| ☐ Pineapple Pear                              |
| Avocado                                       |
| ☐ Sweet Corn & Green                          |
| Beans   |
| ☐ Spinach Zucchini Peas ☐ Sweet Potato Squash |
| Peas  |
| Organics                                      |
| ☐ Apple                                       |
| ☐ Apple Kiwi & Spinach                        |
| ☐ Apple Raspberries & Avocado                 |
| ☐ Banana                                      |
| ☐ Banana, Blueberry &                         |
| Avocado                                       |
| ☐ Banana Mango &<br>Sweet Potato              |
| ☐ Butternut Squash &                          |
| Sweet Corm                                    |
| ☐ Carrots                                     |
| □ Pear  |
| ☐ Pear Kale &<br>Cucumber                     |
| ☐ Prunes                                      |
| ☐ Pumpkin                                     |
| ☐ Sweet Potato                                |

| Beech-Nut continued   |
|---|
| Classics Apple & Banana Apple & Blueberry Apple & Cherry Apple & Cherry Apple, Mango & Kiwi Apple, Pear & Banana Apples Apricot, Pear & Apple Banana & Mixed Berry Banana & Strawberry Corn & Sweet Potatoes Garden Vegetables Green Beans Mango Mixed Vegetables Peaches Pear & Pineapple Pear & Raspberry Pears Squash Sweet Carrots Sweet Potatoes Sweet Potatoes Sweet Potatoes |
| Comforts For Baby  Banana Banana Blackberry Puree   |
| APTIS AST   |
| Earth's Best Organic  Apple Sweet Pot Pumpkin & Blueberry Butternut Squash Pear  Apple Butternut Squash Apple Strawberry Apple & Apricots Apple & Blueberries Apple & Plums Apple & Plums Apple Banana Blueberry Banana Mango Banana Peach Raspberry Bananas Carrots Corn & Butternut Squash Orange Banana Pears & Mangos Pears Prunes  |
| ☐ Prunes ☐ Pumpkin Apple ☐ Sweet Potato & Beets ☐ Sweet Potatoes ☐ Sweet Potatoes Apricot ☐ Winter Squash   |



| Ge | rber 1st & 2nd                                 |
|----|--|
|    | Apple<br>Apple Avocado                         |
|    | Apple Blueberry                                |
|    | Apple Blueberry<br>Apple Peach Squash          |
|    | Apple Strawberry                               |
|    | Banana   |
|    | Apple Strawberry<br>Rhubarb                    |
|    | Applesauce                                     |
|    | Apples   |
|    | Apples & Cherries Apricot Mixed Fruit          |
|    | Banana   |
|    | Banana Carrot Mango                            |
|    | Banana Mixed Berries Banana Orange             |
|    | Medley   |
|    | Banana Plum Grape                              |
|    | Bananas With Apples & Pears                    |
|    | Butternut Squash                               |
|    | Carrot Mango                                   |
|    | Pineapple<br>Carrot Pear                       |
|    | Blackberry                                     |
|    | Carrots<br>Farmers Market                      |
|    | Favorite Fruit & Veg                           |
| _  | Favorite Fruit & Veg<br>Puree Variety Pack     |
|    | Fruit & Veggies Puree<br>Classics Sampler Pack |
|    | Garden Vegetables                              |
|    | Green Beans                                    |
|    | Mangos<br>Mixed Vegetables                     |
|    | Organic Pear                                   |
|    | Pea  |
|    | Peach<br>Peaches                               |
|    | Poor   |
|    | Pear Pineapple                                 |
|    | Pear Squash<br>Pear Zucchini Corn              |
|    | Pear Parsnip                                   |
|    | Blueberry                                      |
| H  | Peas<br>Prune                                  |
|    | Prunes With Apples                             |
|    | Pumpkin  |
|    | Pumpkin Banana<br>Squash Apple Corn            |
|    | Super Blends Fruit                             |
|    | & Veg Puree Variety                            |
|    | Pack<br>Sweet Potatoes                         |
|    | Sweet Potato Apple                             |
|    | Pumpkin  |
|    | Sweet Potato Mango<br>Kale                     |
|    | Sweet Potatoes &                               |
|    | Corn<br>Tronical Adv. Puree                    |
|    |  |

Favorite Variety Pack

☐ Variety Pack

| Gerber continued                          | Gerber continued                       |  | Notes |
|---|--|--|-------|
| My 1st  ☐ Fruit Starter Kit               | ☐ Sweet Potato Apple                   | SWE  | Notes |
| ☐ Veggies Starter Kit                     | Carrot Cinnamon  ☐ Veggie Power Squash | NATURE'S HEART                                       |       |
| Natural                                   | Apple Sweet Potato                     | NATURE'S HEART MAN                                   |       |
| ☐ Apple<br>☐ Apple Spinach Kale           | ☐ Veggie Power Squash                  | Nature's Heart Organic  Apple                        |       |
| ☐ Apple Strawberry                        | Pear Peaches<br>Good & Gather          | ☐ Apple & Mango                                      |       |
| Banana                                    | ☐ Apple                                | ☐ Banana   |       |
| ☐ Apple Zucchini Peach                    | ☐ Banana                               | ☐ Banana & Squash                                    |       |
| ☐ Banana<br>☐ Corn                        | ☐ Banana Peach Apricot                 | <ul><li>☐ Banana, Apple,</li><li>Raspberry</li></ul> |       |
| ☐ Fruit & Veggie Blend                    | ☐ Broccoli Corn<br>Avocado             | ☐ Mango Apple Pear                                   |       |
| Variety Pack                              | ☐ Carrot                               | □ Pear   |       |
| ☐ Fruit & Veggie Variety                  | ☐ Cauliflower Berries                  | ☐ Pear, Banana,                                      |       |
| Pack<br>□ Mango                           | ☐ Mango Banana<br>☐ Pears              | Blueberry Raspberry  Pear, Peach Pumpkin             |       |
| ☐ Pear Carrot Pea                         | □ Peas                                 | & Fig  |       |
| ☐ Pear Zucchini                           | ☐ Prune                                | ☐ Pumpkin, Banana,                                   |       |
| ☐ Sweet Potato Banana                     | ☐ Sweet Potato                         | Carrot   |       |
| Orange<br>□ Squash Pear                   |  | W  |       |
| Pineapple                                 | ORGANICS                               | Matune's   |       |
| ☐ Sweet Potato Banana                     | Happy Baby Organics                    | Dromise  |       |
| Orange                                    | ☐ Apple & Blueberries                  | T  |       |
| <b>Organic</b><br>□ Apple                 | ☐ Apple & Spinach                      | Nature's Promise                                     |       |
| ☐ Apple Blueberry &                       | ☐ Apple, Guavas &                      | ☐ Apple and Broccoli Pouch                           |       |
| Spinach                                   | Beets  ☐ Apple, Kale &                 | ☐ Apple and Carrot                                   |       |
| ☐ Apple Carrot Squash<br>☐ Apple Kale Fig | Avocados                               | Pouch  |       |
| ☐ Apple Peach                             | ☐ Apple, Mangos &                      | ☐ Apple Sweet Potato                                 |       |
| ☐ Apple Prune                             | Beets<br>□ Apple, Pumpkin &            | and Corn  ☐ Pear Blueberry and                       |       |
| ☐ Apple Prune<br>☐ Apple Raspberry Acai   | Carrots                                | Carrot   |       |
| Berry                                     | ☐ Apple Spinach and                    | ☐ Pear Spinach and                                   |       |
| ☐ Apple Spinach With                      | Kale<br>□ Banana &                     | Green Pea Organic                                    |       |
| Kale<br>□ Apple Strawberry                | Strawberries                           | ☐ Apple Blueberry                                    |       |
| Beet                                      | ☐ Banana & Sweet                       | ☐ Apple Mango  |       |
| ☐ Apple Wild Blueberry                    | Potatoes<br>☐ Bananas, Beets &         | ☐ Banana & Pumpkin                                   |       |
| ☐ Apple Zucchini                          | Blueberries                            | ☐ Bananas<br>☐ Carrots                               |       |
| Spinach Strawberry  ☐ Banana              | ☐ Bananas, Sweet                       | ☐ Pears  |       |
| ☐ Banana Mango                            | Potatoes, Papaya<br>☐ Carrots          | ☐ Squash   |       |
| ☐ Banana Squash                           | ☐ Carrots & Peas                       | ☐ Sweet Potatoes                                     |       |
| ☐ Butternut Squash ☐ Carrots              | ☐ Green Beans                          | 7. 7. 6 (2. 7)                                       |       |
| ☐ Carrot Apple Mango                      | ☐ Mango                                | ONCE UPON A FARM,                                    |       |
| ☐ Carrot Apple Pear                       | ☐ Pears<br>☐ Pears & Kale              | Oucr Intel   |       |
| ☐ Fruit and Veggie<br>Favorite            | ☐ Pears & Prunes                       | Once Upon a Farm Organic                             |       |
| ☐ Mango Apple Banana                      | ☐ Pears, Kale & Spinach                | ☐ Apple Banana Kale                                  |       |
| ☐ Mango Apple Carrot                      | ☐ Pears, Peas and<br>Broccoli          | ☐ Pear Straw. Carrot<br>☐ Apple Blueb. Sweet         |       |
| Kale<br>□ Pear Blueberry Apple            | ☐ Pears, Pineapple                     | Potato   |       |
| Avocado                                   | Avocados                               | ☐ Apple Strawberry                                   |       |
| ☐ Pear Carrot Peas                        | ☐ Pears, Squash & Blackberries         | Banana Beet<br>☐ Pear Carrot Mango                   |       |
| ☐ Pear Mango Avocado<br>☐ Pear Peach      | ☐ Pears, Zucchini &                    | ☐ Pear Squash  |       |
| Strawberry                                | Peas                                   | Raspberry  |       |
| ☐ Pear Purple Carrot                      | ☐ Pears Mangos & Spinach               | a de   |       |
| Raspberry  ☐ Pear Purple Carrot           | Pears Pumpkin                          | Parents  |       |
| Raspberry                                 | _ Passion Fruit                        | CHO  |       |
| ☐ Pear Spinach                            | ☐ Prunes<br>☐ Sweet Potatoes           | Parents' Choice Organic                              |       |
| ☐ Pear Zucchini Mango                     | - JWEEL FULGIUES                       | ☐ Butternut Squash                                   |       |
| ☐ Pumpkin Banana<br>Carrot                |  | ☐ Carrot, Zucchini &<br>Broccoli                     |       |
| ☐ Sweet Potato Apple                      |  | ☐ Green Bean Medley                                  |       |
| Carrot                                    |  | ☐ Root Veggies & Apple                               |       |

| Parent's Choice continued                               | and the same of th | Tippy Toes continued                               |
|---|--|--|
| Stage 1   | truth  | ☐ Apple Banana Strawberry ☐ Apple Banana Blueberry |
| ☐ Apple ☐ Apple Spinach                                 |  | ☐ Apple Blueberry                                  |
| ☐ Banana  | Simple Truth  ☐ Apple Sweet Potato Pumpkin   | ☐ Apple Blueberry Spinach                          |
| Stage 2   | Puree  | Pouch  |
| ☐ Apple Pear Banana                                     | ☐ Carrot Apple Mango Puree   | ☐ Apple Carrot☐ Apple Mango                        |
| ☐ Carrot ☐ Pear Blueberry                               | ☐ Organic Banana Squash Puree  | ☐ Apple Pear Banana                                |
| Li real blueberry                                       | ☐ Pear Carrot Blueberry Puree<br>☐ Pear Spinach Pea Puree  | ☐ Apple Zucchini Spinach                           |
|   | ☐ Berry Banana Apple Sweet   | Strawberry   |
| Pic Select<br>Fresh                                     | Potato Beet  | ☐ Applesauce<br>☐ Banana Apple Plum                |
|   | tipipu   | ☐ Banana Peach Apricot                             |
| Pic Select  | 1000   | ☐ Banana Pouch                                     |
| ☐ Apple Banana  | by rop Care  | ☐ Banana Strawberry Beet☐ Bananas                  |
| ☐ Apple Berry Blend ☐ Apple Mango                       | Tippy Toes  ☐ Apple Apricot  | ☐ Carrots  |
| ☐ Apple Pear Banana                                     | ☐ Apple Banana   | ☐ Mixed Vegetables                                 |
| ☐ Applesauce  | ☐ Apple Banana   | Pear Blueberry Spinach                             |
| 900   | ☐ Apple Banana Strawberry  | ☐ Pear Pea Pouch☐ Pear Peach Strawberry            |
| Plum  | ☐ Apple Berry ☐ Apple Blueberry  | □ Pears  |
| organics  | ☐ Apple Blueberry Spinach  | ☐ Peas   |
| Plum Organics   | ☐ Apple Butternut Squash   | ☐ Prunes   |
| ☐ Apple & Broccoli☐ Apple & Carrot                      | Raspberry  Apple Carrot Mango Twin-  | ☐ Squash☐ Sweet Potatoes                           |
| ☐ Apple and Broccoli 4 Pack                             | Pack   | ☐ Tropical Fruit                                   |
| ☐ Apple Cauliflower and Leek                            | ☐ Apple Mango  |  |
| ☐ Apple Spinach & Avocado ☐ Baby Just Mangos            | ☐ Apple Mango  | nbenb  |
| ☐ Baby Just Peaches                                     | ☐ Apple Mango Spinach ☐ Apple Pear Banana  |  |
| ☐ Baby Just Potatoes                                    | ☐ Apple Pear Banana  | Up & Up  |
| Banana Pumpkin  | ☐ Apple Prune  | ☐ Apple  |
| ☐ Guava Pear & Pumpkin☐ Mango Zucchini Corn and         | ☐ Apple Prune  | ☐ Banana   |
| Turmeric  | ☐ Apple Strawberry ☐ Apple Sweet Potato  | ☐ Banana & Plum                                    |
| ☐ Peach Banana & Apricot                                | ☐ Apple Sweet Potato Twin-Pack   | Notes  |
| ☐ Peach Banana and Apricot<br>4 Pack                    | Apple Wild Blueberry   | 110103   |
| ☐ Peach Pumpkin Carrot and                              | ☐ Apple Zucchini Spinach<br>Strawberry   |  |
| Cinnamon  | ☐ Applesauce   |  |
| ☐ Pea Kiwi Pear and Avocado ☐ Pear and Mango            | ☐ Banana   |  |
| ☐ Pear Carrot and Blueberry                             | ☐ Banana Strawberry Beetroot ☐ Banana Strawberry Blueberry   |  |
| _ 4 Pack  | ☐ Bananas  |  |
| ☐ Pear Purple Carrot &                                  | ☐ Naturals Bananas   |  |
| Blueberry ☐ Pear Spinach & Pea                          | ☐ Butternut Squash Apple   |  |
| ☐ Pear Spinach and Pea 4 Pack                           | Raspberry  Carrots   |  |
| ☐ Sweet Potato Apple & Corn                             | ☐ Carrots  |  |
| •   | ☐ Fruits Apple   |  |
| SE GROCERS  | ☐ Green Beans ☐ Mixed Vegetables   |  |
|   | ☐ Mixed Vegetables   |  |
| SE Grocers  | ☐ Mixed Vegetables   |  |
| ☐ Apple and Carrot Puree Pouch ☐ Apple and Sweet Potato | ☐ Pear Spinach ☐ Pears   |  |
| Puree   | □ Pears  |  |
| ☐ Apple Blueberry and Banana                            | □ Peas   |  |
| Puree   | Squash   |  |
| ☐ Apple Mango and Spinach Puree                         | ☐ Squash ☐ Squash Apple Pear Twin Pack   |  |
| ☐ Pear and Peas Puree                                   | ☐ Sweet Potato Spinach Carrot  |  |
| ☐ Pear Blueberry and Purple                             | ☐ Sweet Potatoes   |  |
| Carrot Puree ☐ Pear Peach and Strawberry                | ☐ Tropical Fruit☐ Tropical Pineapple   |  |
| Puree   | Organic  |  |
|   | □ Apple  |  |
|   | ☐ Apple Apricot  |  |
|   | ☐ Apple Banana   |  |

