

Approved Food

Milk Allowed

- Any brand
- Reduced/low fat milk (skim, ½%, 1%, 2%)
- Whole milk (If printed on WIC check)
- Gallon plastic containers only
- Cultured buttermilk (quart size)
- Evaporated milk, store brand only (12 or 13 oz can)
- Non-fat, dry milk, store brand only (3 or 8 quart box)
- Specialty milk, type and size will be written on the WIC check.



Not Allowed

- Sweetened condensed milk
- Soy milk
- Flavored milk
- Organic milk
- Filled milk
- Substitutions

Eggs Allowed

- Medium, white, grade A or AA (1 dozen package)

Not Allowed

- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Brown eggs



Peanut Butter Allowed

- Smooth, creamy or regular, store brand only (18 oz jar)



Not Allowed

- Crunchy peanut butter
- Low fat peanut butter
- Low salt/sodium peanut butter
- Organic peanut butter
- Mixtures with jams, jellies or honey

Cheese Allowed

- Natural, domestic, plain cheese, store brand only, American, Cheddar, Colby, Colby Jack, Monterey Jack and Mozzarella cheeses (Block cheese in 8, 16 or 32 oz sizes only)

Not Allowed



- Sliced cheese, except for store brand American
- Cheese additives
- Deli cheese
- Cheese food
- Cheese spread
- Cheese product
- Shredded cheese
- String cheese
- Cholesterol-reduced cheese
- Individually wrapped slices
- Flavored cheese
- Grated cheese



Dried Beans & Peas Allowed

- Mixed dried beans and peas, store brand only (1 lb bag)

Not Allowed

- Organic products
- Additives or flavors

For women exclusively breastfeeding:

Carrots Allowed

- Fresh, including baby or frozen, any cut, any brand (1 or 2 lb package)



Not Allowed

- Organic carrots
- Flavors

Tuna Allowed

- Water-packed only, chunk, solid or grated, any brand (6 oz can)

Not Allowed

- Albacore or white tuna
- Reduced or low salt/sodium



Infant Food

Infant Formula Allowed

- Brand printed on WIC check, type and size printed on WIC check



Infant Juice Allowed

- 100% juice (32 oz bottle)

Gerber:
Apple
Apple Banana
Apple Cherry
Apple Grape
Mixed Fruit
Pear
White Grape



Beech-Nut:
Apple
Apple Cherry
Mixed Fruit
Pear
White Grape



Nature's Goodness:
Apple
Apple Cherry
Apple Grape
Pear
White Grape



Infant Cereal Allowed

- Plain, dry only (8 or 16 oz)

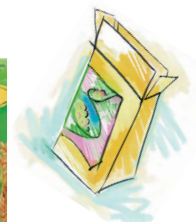
Gerber:



Beech-Nut:



Nature's Goodness:



Why reduced/low fat milk for children over 24 months and women?

Nutrients for 8 oz (1 cup) of milk

	Skim Milk (0%)	1% Milk	2% Milk	Whole Milk (3.25%)
Calcium	306 mg	290 mg	285 mg	276 mg
Calories	80	100	120	150
Fat	trace	2 grams	5 grams	8 grams
Cholesterol	5 mg	12 mg	20 mg	24 mg

Source: USDA Nutrient Database for Standard Reference

Did you know...

- Reduced/low fat milk (skim, ½%, 1%, and 2%) has the same healthy nutrients as whole milk, but with less fat and fewer calories.
- Milk, no matter the fat content, is an excellent source of calcium and other minerals, protein, B vitamins, and vitamins A & D.
- Calcium and vitamin D in milk help make your bones and teeth strong and healthy.
- Unlike adults and children over 2 years old, children between the ages of 12 - 23 months need the fat from whole milk or breast milk for growth and development.

[Note] Store brands: Can be the store's own name brand or a brand name carried by the store that was created by the wholesale supplier.

Missouri Department of Health and Senior Services
Division of Community and Public Health
WIC and Nutrition Services

P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204

www.dhss.mo.gov/WIC

EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6204.

Hearing and speech impaired citizens telephone 1-800-735-2966. Voice 1-800-735-2466.

WIC-640 (07-05)

Missouri

WIC

Special Supplemental Nutrition Program
for Women, Infants and Children

Approved Food List



Effective: October 1, 2005 -
September 30, 2007

Cold Cereal



Mix and match types and sizes, including hot cereals, up to a total of 36 oz.
Cold cereals: 12 oz to 36 oz sizes in bag or box of approved brands.



Best Choice



Dierbergs



Flavorite



Juice

Frozen Concentrate
11.5-12 oz



Welch's Grape
White Grape
White Grape Cranberry
White Grape Peach
White Grape Pear
White Grape Raspberry



Minute Maid Orange
Orange Country Style
Orange Passion with Calcium
Orange Pulp Free
Orange with Calcium
Orange with Vitamins & Zinc



Tree Top Apple



Best Choice Grapefruit
Orange Country Style
Orange with Calcium
Orange without Pulp



Tropicana Orange
Orange with Calcium
Orange without Pulp

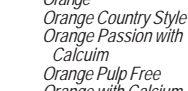


Dole Country Raspberry
Orange Peach Mango
Orange Strawberry Banana
Pineapple
Pineapple Orange
Pineapple Orange-Banana
Pineapple Orange-Strawberry



Seneca Apple
Grape

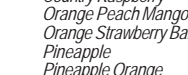
Hy-Top



Hy-Top Orange



Tree Top Apple



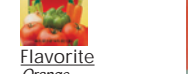
Best Choice Grapefruit
Orange Country Style
Orange with Calcium
Orange without Pulp



Tropicana Orange
Orange with Calcium
Orange without Pulp



Dole Country Raspberry
Orange Peach Mango
Orange Strawberry Banana
Pineapple
Pineapple Orange
Pineapple Orange-Banana
Pineapple Orange-Strawberry



Seneca Apple
Grape

Hy-Vee



Hy-Vee Apple
Grapefruit
Orange
Orange with Calcium



Tree Top Apple



Best Choice Grapefruit
Orange Country Style
Orange with Calcium
Orange without Pulp



Tropicana Orange
Orange with Calcium
Orange without Pulp



Dole Country Raspberry
Orange Peach Mango
Orange Strawberry Banana
Pineapple
Pineapple Orange
Pineapple Orange-Banana
Pineapple Orange-Strawberry



Seneca Apple
Grape

Langers



Langers Apple
Orange Juice Plus
Autumn Blend
Spring Blend
Summer Blend
Winter Blend



Flav-R-Pac Orange Juice
Orange
Orange with Calcium
Orange with Pulp
Orange without Pulp



IGA Orange Juice
Apple
Orange
Orange Country Style



IGA Apple
Orange
Orange Country Style



IGA Orange Juice
Apple
Orange
Orange Country Style



IGA Apple
Orange
Orange Country Style



IGA Orange Juice
Apple
Orange
Orange Country Style



IGA Apple
Orange
Orange Country Style



IGA Orange Juice
Apple
Orange
Orange Country Style

Shurfine



Shurfine Apple
Orange
Orange with Calcium
Orange with Pulp
Orange without Pulp



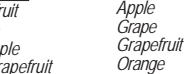
IGA Orange Juice
Apple
Orange
Orange Country Style



IGA Apple
Orange
Orange Country Style



IGA Orange Juice
Apple
Orange
Orange Country Style



IGA Apple
Orange
Orange Country Style



IGA Orange Juice
Apple
Orange
Orange Country Style



IGA Apple
Orange
Orange Country Style



IGA Orange Juice
Apple
Orange
Orange Country Style



IGA Apple
Orange
Orange Country Style

Old Orchard



Old Orchard Apple
Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Passion Mango
Apple Raspberry
Apple Strawberry Banana
Cranberry
Cranberry Raspberry
Grape
Orange
Orange with Calcium
Pineapple
Pineapple Orange
Pineapple Orange-Banana
Punch
White Grape



Dierbergs Orange
Orange with Calcium
Orange without Pulp



Dierbergs Orange
Orange with Calcium
Orange without Pulp



Dierbergs Orange
Orange with Calcium
Orange without Pulp



Dierbergs Orange
Orange with Calcium
Orange without Pulp



Dierbergs Orange
Orange with Calcium
Orange without Pulp



Dierbergs Orange
Orange with Calcium
Orange without Pulp



Dierbergs Orange
Orange with Calcium
Orange without Pulp



Dierbergs Orange
Orange with Calcium
Orange without Pulp

Hy-Top



Hy-Vee



IGA



Kellogg's



Kroger



Price Saver



Ralston Foods



Schnucks



Shop N Save



Shurfine



Hot Cereal

Mix and match types and sizes, including cold cereals, up to a total of 36 oz.

Best Choice



Flavorite



Hy-Vee



IGA



Malt-O-Meal



Valu Time



Nabisco



Quaker Oats



Ralston



Schnucks



Shop N Save



Shurfine



Ready to Serve Cans

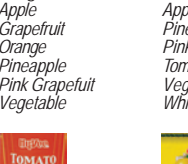
46 oz



Always Save Orange
Pink Grapefruit
Tomato
Vegetable



Kroger Apple
Grapefruit
Orange
Pineapple
Pink Grapefruit
Vegetable



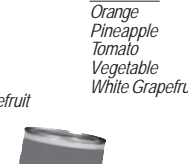
Great Value Apple
Pineapple
Pink Grapefruit
Tomato
Vegetable Cocktail
White Grapefruit



Schnucks Grapefruit
Orange
Pineapple
Pink Grapefruit
Tomato
Vegetable



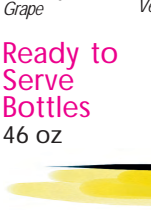
Best Choice Apple
Grape
Grapefruit
Orange
Pineapple
Pink Grapefruit
Tomato



Shurfine Orange
Pineapple
Tomato
Vegetable
White Grapefruit

Ready to Serve Bottles

46 oz



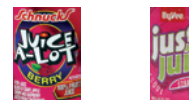
Midwest Country Fare Grape



IGA Tomato
Vegetable



Shurfine Tomato
Vegetable



Best Choice Apple Real Juice
Berry Real Juice
Cherry Real Juice
Grape Real Juice
Punch Real Juice
Vegetable

Schnucks Juice A-Lot Berry
Juice A-Lot Cherry
Juice A-Lot Grape
Juice A-Lot Punch
Tomato
Vegetable

Hy-Vee Just Juice Apple
Just Juice Berry
Just Juice Cherry
Just Juice Grape
Just Juice Peach
Just Juice Strawberry
Tomato
Vegetable

Welch's 100% Juice
Apple
Cherry Sensation
Fruit Fantastic
Grape
Strawberry Raspberry
Tropical Passion
White Grape
Wild Berry

Juicy Juice
Apple
Berry
Cherry
Cranberry Apple
Grape
Kiwi Strawberry
Punch
White Grape

Shelf Stable

11.5 oz (Non-frozen Concentrate)

