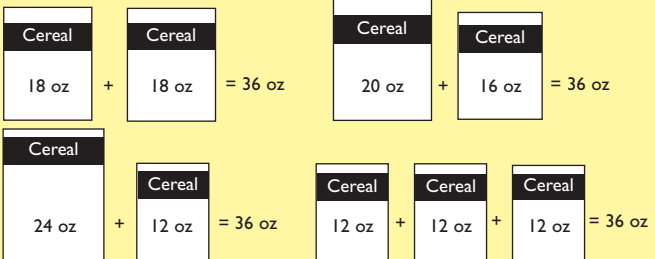


CEREALS (12 ounce box or larger)

Bran Flakes	Creamy Wheat Hot Cereal	Crispy Rice	Corn Flakes
Best Yet Great Value IGA Malt O Meal Ralston Shaws Shurfine Stop & Shop	Best Yet Krasdale Malt O Meal Ralston Shaws	Best Yet Great Value IGA Krasdale Malt O Meal Mornin' Gems Ralston Shaws Shurfine Stop & Shop	Best Yet Great Value IGA Krasdale Mornin' Gems Ralston Shaws Shurfine Stop & Shop
Frosted Shredded Wheat	Toasted Oats	Oats & More with Almonds	Oats & More with Honey
Best Yet IGA Malt O Meal Nature's Crunch Ralston Shaws Shurfine Stop & Shop	Best Yet Great Value IGA Krasdale Malt O Meal Ralston Rollin' Oats Shaws Shurfine Stop & Shop	Shaws Shurfine Stop & Shop	Great Value IGA Shaws Stop & Shop
		Honey, Oats & Flakes	Oats & More
		IGA	Shurfine

WIC also accepts the following cereals



DAIRY & PEANUT BUTTER

**Milk: Whole, 2% Reduced-Fat,
1% Lowfat, or Fat Free**



Store Brand or Least Expensive Brand
Half Gallon, Dry, Evaporated, or Lactaid Milk, Only if Listed on Check

Cheese



« Deli Cheese

From Deli: American Cheese, Store Brand or Least Expensive Only
Sliced, Shredded, Block: Any Brand, One Package Only, 12 to 16 oz
American • Cheddar • Colby • Monterey Jack • Mozzarella • Muenster • Provolone
No Individually Wrapped Slices • No Imported Cheese

Eggs



Least Expensive Brand • Grade A Large • Brown or White

Peanut Butter



Any Brand • Smooth or Chunky
No Added Honey or Jelly • 16 to 18 oz Jar

BEANS, TUNA, VEGS, BABY

Dried Beans, Peas, or Lentils



Any Brand • One lb Bag • No Flavorings • No Mixed Beans

Tuna



Least Expensive Brand • Chunk Light Tuna
6 to 6.5 oz Can Only

Carrots



Any Brand • 1 lb Bag Fresh Carrots or
14 to 16 oz Canned Sliced Carrots

Infant Cereal & Formula



Any Brand • 8 or 16 oz Box
Rice, Oatmeal, Mixed, or Barley
No Added Formula or Fruit



Infant Formula
as Listed on WIC Check

Look for this tag at
your local grocer. They
may use it to label
WIC approved foods.



HOW TO USE WIC CHECKS AT THE STORE

- » Look at your checks for the “First Day to Use” and the “Last Day to Use.” Use your checks within these dates.
- » Shop only at WIC approved stores. Your WIC agency can give you a list of WIC approved stores.
- » Only you or your alternate shopper can use these WIC checks.
- » Choose only WIC allowed foods, and not more than the amounts listed on your checks (but you don't have to buy everything on your checks).
- » Separate your WIC foods from other foods when you get to the cashier. Let the cashier know you have WIC checks.
- » Show this WIC Approved Food Guide to the cashier.
- » Don't sign your WIC check until the cashier has written the correct purchase price on the check.
- » Use manufacturer's coupons, store coupons, and scan cards for WIC foods. You can 'buy one, get one free,' if the store coupon allows. It helps WIC save money.
- » Report lost or stolen checks to your WIC clinic immediately.
- » Always carry this WIC Approved Food Guide with you when you shop.



No gourmet, specialty, or organic foods allowed.

JUICES (All juices must be 100% juice)

100% Orange or Grapefruit Juice

100% Pineapple Juice Vitamin C Fortified



Any Brand • 46 oz Fluid Can
11.5 to 12 oz Frozen Concentrate



Any Brand • 46 oz Fluid Can
11.5 to 12 oz Frozen Concentrate

Juicy Juice & Welch's, All Flavors, 11.5 to 12 oz



Liquid Concentrate



Liquid Concentrate

Grape Juice, Frozen Concentrate, 11.5 to 12 oz



Welch's Grape
Yellow Stripe Only



Stop & Shop Grape



Welch's White Grape
Yellow Stripe Only



Old Orchard Grape



Old Orchard White Grape

Apple Juice, Frozen Concentrate, 11.5 to 12 oz



Seneca
Red Can Only



Shaw's



Stop & Shop



IGA



Old Orchard

