

Nevada and ITCN WIC Nutrition Program

# Nevada WIC APPROVED FOOD LIST

Effective October 1, 2016

WIC FOODS	DETAILS
<b>Fruits and Vegetables</b>	<ul style="list-style-type: none"> <li>• Any brand and variety of fresh, frozen, or canned fruits and vegetables</li> <li>• Prepackaged fruits and vegetables are allowed</li> <li>• Whole, cut, or mixed fruit and vegetables</li> <li>• Bagged salad-No kits with added dressings, nuts, croutons, cheese, etc.</li> <li>• Canned beans are not to be purchased using the fruits and vegetables CVB (Cash Value Benefits). Canned beans are under the legume category</li> <li>• Organic is allowed</li> </ul> <p><b>NOT ALLOWED:</b></p> <ul style="list-style-type: none"> <li>• Dried fruits and vegetables</li> <li>• Added sugar, fats or oils</li> <li>• Added sauces, dressings or creamed vegetables</li> <li>• Fruit leathers or fruit roll-ups</li> <li>• Added rice, meat, pasta, nuts or noodles</li> <li>• Pickled vegetables</li> <li>• Edible blossoms and/or flowers e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed)</li> <li>• Breaded or battered vegetables</li> <li>• Fruits and vegetables from the salad bar</li> <li>• Fruit baskets</li> <li>• Party vegetable trays</li> <li>• Ornamental or decorative fruits or vegetables such as chili peppers on a string, garlic on a string, gourds, painted pumpkins</li> <li>• French fries, tater tots, etc.</li> </ul> <p>*Canned refers to processed food items in cans or other shelf-stable containers (e.g. jars, pouches).</p>
<b>100% Whole Wheat Bread</b>	<ul style="list-style-type: none"> <li>• Loaf of bread</li> <li>• 16 oz. packages only</li> </ul>

	<ul style="list-style-type: none"> <li>• Whole wheat must be the first ingredient listed on the packaging</li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• <b>Light bread</b></li> <li>• <b>Buns or rolls</b></li> </ul>
<b>Brown Rice</b>	<ul style="list-style-type: none"> <li>• 16 oz. bags or boxes allowed</li> <li>• Instant , Quick, or Regular Cook Time</li> <li>• Short or Long Grain</li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Bulk packages</b></li> <li>• <b>Ready to serve</b></li> <li>• <b>Boil in a bag</b></li> </ul>
<b>Tortillas</b>	<ul style="list-style-type: none"> <li>• Whole wheat and corn only</li> <li>• 16 oz. packages only</li> <li>• Whole grain must be the first ingredient listed on the packaging</li> <li>• Brands &amp; type: <ul style="list-style-type: none"> <li>• Kroger - Whole Wheat</li> <li>• Romero - Corn</li> <li>• Romero - Whole Wheat</li> <li>• La Banderita - Whole Wheat</li> <li>• La Banderita - Corn</li> <li>• La Burrita - Corn</li> <li>• Chichi's - White Corn</li> <li>• Carlita - Corn</li> <li>• Carlita - Whole Wheat</li> <li>• Ortega - Whole Wheat</li> <li>• Chichi's - Whole Wheat</li> <li>• Guerrero - Corn</li> <li>• Guerrero - Whole Wheat</li> <li>• MiCasa - Whole Wheat</li> <li>• Mission - Corn</li> <li>• Mission - Whole Wheat</li> <li>• Don Pancho - White Corn</li> <li>• Don Pancho - Whole Wheat</li> <li>• Marcela Valladolid - Corn</li> <li>• Pepito - Corn</li> <li>• Pepito -Whole Wheat</li> <li>• Santa Fe - Yellow Corn</li> <li>• Santa Fe - Whole Wheat</li> <li>• Santa Fe - White Corn</li> <li>• El Buen Gusto - Whole Wheat</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Cardenas Ranchera - Maiz Blanco</li> <li>• Tia Rosa - Corn, Yellow</li> <li>• Tia Rosa - Corn</li> <li>• Tia Rosa - Whole Wheat</li> <li>• Ranchera - Corn</li> <li>• Celas Whole Wheat</li> <li>• Celas Corn</li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Organic</b></li> </ul>
<b>Tofu</b>	<ul style="list-style-type: none"> <li>• Plain, calcium-set tofu, which is:</li> <li>• Firm or medium</li> <li>• <u>16 oz. only</u>, refrigerated, water-packed only</li> <li>• Brands: <ul style="list-style-type: none"> <li>▪ <u>Asumaya</u></li> <li>▪ House Premium</li> </ul> </li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <p><b>Organic</b></p>
<b>Soy Beverage</b>	<ul style="list-style-type: none"> <li>• Pacific Ultra Soy, Plain, shelf stable</li> <li>• Pacific Ultra Soy, Vanilla, shelf stable <ul style="list-style-type: none"> <li>▪ Quart size (32 oz. container)</li> </ul> </li> <li>• 8th Continent Soymilk, Original or Vanilla <ul style="list-style-type: none"> <li>▪ Half Gallon (64 oz. container)</li> </ul> </li> <li>• Silk Soymilk Original <ul style="list-style-type: none"> <li>▪ Half Gallon (64 oz. container)</li> </ul> </li> </ul>
<b>Baby Food: Fruits and Vegetables</b>	<ul style="list-style-type: none"> <li>• Beech Nut, Gerber, Happy Naturals, Mom 2 Mom, Mom's Natural Choice, Parents Choice and Tippy Toes</li> <li>• <u>Step 2 or 2 ½ only</u></li> <li>• Single fruits and/or combinations of fruits in 3.5-4 oz. containers</li> <li>• Single vegetables and/or combinations of vegetables in 3.5-4 oz. containers</li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• <b>Added DHA, sugars, starches or salts</b></li> <li>• <b>Desserts or dinners</b></li> </ul>

<p><b>Baby Foods: Meats or Poultry</b></p>	<ul style="list-style-type: none"> <li>• Beech Nut, Gerber, Happy Naturals, Mom 2 Mom, Mom’s Natural Choice, Parents Choice and Tippy Toes</li> <li>• <u>Step 1 or Step 2</u></li> <li>• <u>2.5 or 4 oz. containers</u></li> <li>• Added broth or gravy allowed</li> <li>• Meats: <ul style="list-style-type: none"> <li>▪ Beef</li> <li>▪ Chicken</li> <li>▪ Ham</li> <li>▪ Lamb</li> <li>▪ Turkey</li> <li>▪ Veal</li> </ul> </li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• <b>Added DHA, sugar or salts</b></li> <li>• <b>Infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs)</b></li> </ul>
<p><b>Milk</b></p>	<p><u>Least expensive brand</u> of these types of unflavored, pasteurized non-organic milk in quarts, half gallons and gallons:</p> <ul style="list-style-type: none"> <li>• Whole (3.5%), reduced (2%), low fat (1%) or non-fat (fat-free) <ul style="list-style-type: none"> <li>▪ Vitamin A and D fortified</li> </ul> </li> <li>• Acidophilus</li> <li>• Lactose-free and lactose-reduced (e.g. Lactaid)</li> <li>• Fluid shelf stable (UHT)</li> <li>• Dry Vitamin A and D fortified</li> <li>• Evaporated milk: calcium fortified</li> <li>• Fresh or evaporated goat’s milk</li> </ul> <p>Milk can be sold in quarts, half-gallons and gallon.</p>
<p><b>Cheese</b></p>	<p>Any brand of these types of domestic cheese (or combination of the listed types) in 16 oz. packages only made from 100% pasteurized non-organic milk:</p> <ul style="list-style-type: none"> <li>• Cheddar</li> <li>• Colby</li> <li>• Longhorn Style</li> <li>• Jack</li> <li>• Mozzarella (regular or string)</li> <li>• Pasteurized Processed American</li> <li>• Regular, reduced fat, low fat, or fat free</li> </ul> <p>Cheese may be:</p> <ul style="list-style-type: none"> <li>• Blocked, sliced, or mixed</li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• <b>Individually wrapped slices</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Imported cheeses</b></li> <li>• <b>Deli cut-to-order</b></li> <li>• <b>Shredded cheese</b></li> <li>• <b>Cheese food products, spread or flavored cheeses</b></li> </ul>
<b>Eggs</b>	<p><b>Least Expensive Brand</b></p> <ul style="list-style-type: none"> <li>• Grade AA</li> <li>• White</li> <li>• Dozen only</li> <li>• <u>Chicken eggs only</u></li> <li>• Large (substitution of medium size eggs is allowed only when large eggs are not available)</li> <li>• <u>Hardboiled eggs will remain authorized for participants that have inadequate storage/cooking</u></li> </ul>
<b>Canned/Dried beans, peas, or lentils</b>	<p><u>Dried Beans:</u></p> <ul style="list-style-type: none"> <li>• Any brand</li> <li>• 16 oz. bag</li> </ul> <p><u>Canned Beans:</u></p> <ul style="list-style-type: none"> <li>• 14-16 oz. cans</li> <li>• Any brand</li> <li>• Black</li> <li>• Red</li> <li>• Black-eyed peas</li> <li>• Kidney</li> <li>• Navy</li> <li>• Pinto</li> <li>• Fat-free refried beans regular or low sodium</li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• <b>Added fats, oils or meats</b></li> <li>• <b>Baked or pork and beans</b></li> <li>• <b>Soup mix</b></li> <li>• <b>Green or wax beans</b></li> <li>• <b>Frozen green peas</b></li> <li>• <b>Flavored beans (Cajun style, BBQ, ranch-style, chili beans, snap beans, orange beans, etc.)</b></li> <li>• <b>Added sugars</b></li> </ul>

<p><b>Peanut Butter</b></p>	<p>Any brand of these types of non-organic peanut butters in 16 to 18 oz. containers:</p> <ul style="list-style-type: none"> <li>• Creamy</li> <li>• Chunky</li> <li>• Extra chunky</li> <li>• Salted or unsalted</li> </ul> <p><b>NOT ALLOWED:</b></p> <ul style="list-style-type: none"> <li>• <b>Peanut “Spreads”</b></li> <li>• <b>Added jelly, jam, honey, reduced fat, chocolate or marshmallows</b></li> <li>• <b>Organic</b></li> </ul>
<p><b>Cereal</b></p>	<p>12 oz. boxes or larger 36 oz. box maximum</p> <p><u>Cold cereals:</u></p> <ul style="list-style-type: none"> <li>• Malt O Meal <ul style="list-style-type: none"> <li>▪ Honey &amp; Oat Blenders</li> <li>▪ Honey &amp; Oat Blenders w/Almonds</li> <li>▪ Frosted Mini Spooners</li> <li>▪ Strawberry Cream Mini Spooners</li> <li>▪ Blueberry Mini Spooners</li> <li>▪ Crispy Rice</li> </ul> </li> <li>• General Mills Cheerios Regular</li> <li>• General Mills Multi Grain Cheerios</li> <li>• General Mills Kix <ul style="list-style-type: none"> <li>▪ General Mills Honey Kix</li> <li>▪ General Mills Berry Berry Kix</li> </ul> </li> <li>• General Mills Chex <ul style="list-style-type: none"> <li>▪ Wheat</li> <li>▪ Corn</li> <li>▪ Rice</li> </ul> </li> <li>• Kellogg’s Corn Flakes</li> <li>• Kellogg’s Frosted Mini-Wheats Regular or Bite Size</li> <li>• Post Banana Nut Crunch</li> <li>• Post Grape Nuts (regular only)</li> <li>• Post Honey Bunches of Oats <ul style="list-style-type: none"> <li>▪ Honey Roasted</li> <li>▪ Vanilla Clusters</li> <li>▪ Almonds</li> </ul> </li> <li>• Quaker Oats Life (regular only)</li> </ul> <p><u>Hot:</u></p> <ul style="list-style-type: none"> <li>• Malt O Meal <ul style="list-style-type: none"> <li>▪ Original Hot Wheat Cereal</li> <li>▪ All Natural Creamy Hot Wheat Cereal</li> <li>▪ Farina Hot Wheat Cereal</li> </ul> </li> <li>• Mom’s Best <ul style="list-style-type: none"> <li>▪ Naturals Quick Oats</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Better Oats <ul style="list-style-type: none"> <li>▪ Good 'n Hearty</li> <li>▪ Classic</li> <li>▪ Maple &amp; Brown Sugar</li> <li>▪ Apples and Cinnamon</li> </ul> </li> <li>• Quaker Oats Oatmeal <ul style="list-style-type: none"> <li>▪ Instant Mix n Eat, regular flavor only</li> </ul> </li> <li>• Nabisco Cream of Wheat (Any cooking time except instant)</li> <li>• Nabisco Cream of Wheat Whole Grain</li> </ul>
<b>Infant Formula</b>	<ul style="list-style-type: none"> <li>• Formula with iron (unless specified otherwise).</li> <li>• Must be exact item on printed shopping list.</li> </ul>
<b>Infant Cereal</b>	<ul style="list-style-type: none"> <li>• <u>8 oz. boxes of dry Gerber or Beechnut infant cereal.</u> (unless otherwise specified on the shopping list) <ul style="list-style-type: none"> <li>▪ Whole wheat</li> <li>▪ Barley</li> <li>▪ Rice</li> <li>▪ Oatmeal</li> <li>▪ Whole grain</li> <li>▪ Multigrain</li> <li>▪ Mixed grain</li> </ul> </li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Organic</b></li> <li>• <b>DHA</b></li> <li>• <b>Single serving</b></li> <li>• <b>Added fruit, added milk, infant formula or other non-cereal ingredients</b></li> </ul>
<p><b>Juice - 64 oz. bottles or carton, single strength</b></p> <p><b>Note:</b> This container size is for children only</p>	<p><u>100% fruit juice, unsweetened and pasteurized</u></p> <ul style="list-style-type: none"> <li>• Apple Juice: <ul style="list-style-type: none"> <li>▪ Seneca Apple (Red Label only)</li> <li>▪ Tree Top Apple (Green Label only)</li> <li>▪ Juicy Juice Apple Raspberry</li> <li>▪ Juicy Juice Apple Banana</li> <li>▪ Langer's Apple Juice</li> <li>▪ Langer's Apple Cranberry Juice</li> </ul> </li> <li>• Grape: <ul style="list-style-type: none"> <li>▪ Welch's White Grape, Purple Grape or Red Grape</li> <li>▪ Juicy Juice Purple Grape or White Grape</li> <li>▪ Langer's Red Grape, White Grape or Purple Grape</li> </ul> </li> <li>• Orange and Pineapple: <ul style="list-style-type: none"> <li>▪ Least expensive brand</li> <li>▪ Must contain at least 120% of Daily Value (DV) for Vitamin C per 8 oz. serving</li> </ul> </li> <li>• Vegetable:</li> </ul>

	<ul style="list-style-type: none"> <li>▪ V8</li> <li>• Other Flavors: <ul style="list-style-type: none"> <li>▪ Juicy Juice Cherry</li> <li>▪ Juicy Juice Berry</li> <li>▪ Juicy Juice Strawberry Banana</li> <li>▪ Juicy Juice Kiwi Strawberry</li> <li>▪ Juicy Juice Orange Tangerine</li> <li>▪ Juicy Juice Punch</li> </ul> </li> <li>• Langer’s Ruby Red Grapefruit</li> </ul>
<p><b>Juice – 11.5 or 12 oz. cans, frozen or “pourable” concentrate</b>  <b>Frozen and pourable juices reconstitutes to 48 fluid oz.</b>  Note: This container size is available to women only.</p> <p><b>Juice – 11.5 or 12 oz. cans, frozen or “pourable” concentrate</b>  <b>Frozen and pourable juices reconstitutes to 48 fluid oz.</b>  Note: This container size is available to women only.</p>	<p><u>100% fruit juice</u></p> <ul style="list-style-type: none"> <li>• Apple Juice: <ul style="list-style-type: none"> <li>▪ Seneca (Red label only)</li> <li>▪ Tree Top (Green label only)</li> <li>▪ Juicy Juice Apple</li> <li>▪ Langer’s Apple Juice</li> </ul> </li> <li>• Grape: <ul style="list-style-type: none"> <li>▪ Welch’s White Grape</li> <li>▪ Welch’s Purple Grape</li> <li>▪ Welch’s White Grape Cranberry</li> <li>▪ Welch’s White Grape Raspberry</li> <li>▪ Welch’s White Grape Pear</li> <li>▪ Welch’s White Grape Peach</li> </ul> </li> <li>• Orange and pineapple: <ul style="list-style-type: none"> <li>▪ Least expensive brand</li> <li>▪ Must contain at least 120% of Daily Value (DV) for Vitamin C per 8 oz. serving</li> </ul> </li> <li>• Other Flavors: <ul style="list-style-type: none"> <li>▪ Juicy Juice Berry</li> <li>▪ Juicy Juice Punch</li> </ul> </li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Fruit drinks</b></li> <li>• <b>Sodas</b></li> <li>• <b>Other beverages that are not 100% juice, nectar or cocktail</b></li> </ul>
<p><b>Canned Fish</b></p>	<ul style="list-style-type: none"> <li>• <u>Tuna: any brand</u> <ul style="list-style-type: none"> <li>▪ Packed in water</li> <li>▪ Chunk light ONLY</li> <li>▪ 5 oz. cans or larger</li> <li>▪ Must be light tuna</li> </ul> </li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Albacore</b></li> <li>• <b>Solid</b></li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Low Sodium</b></li> <li>• <b>Pouches</b></li> <li>• <b>Organic</b></li>   <li>• <u>Sardines: Any Brand</u> <ul style="list-style-type: none"> <li>▪ 3.75 oz. cans or larger</li> <li>▪ Packed in water, oil, mustard or ketchup</li> </ul> </li> </ul> <p><b><u>NOT ALLOWED:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Added seasonings</b></li> <li>• <b>Pouches or organic</b></li> </ul>
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**All stores are required to meet the WIC minimum stock requirements at all times.**

**If specific WIC items are needed to fulfill WIC participant’s food benefits, you will be notified by the State Agency of which items from the WIC Approved Food List you must stock within 48 hours of notification.**

Vendors must ensure that a current food list is maintained at each register. The Nevada State WIC Program will provide a supply of the food lists in the form of a cashier card at the beginning of each agreement period, or as changes are made. An additional supply may be requested from the State of Nevada WIC Program.