



NEVADA WIC SHOPPING GUIDE



EFFECTIVE OCTOBER 1, 2021





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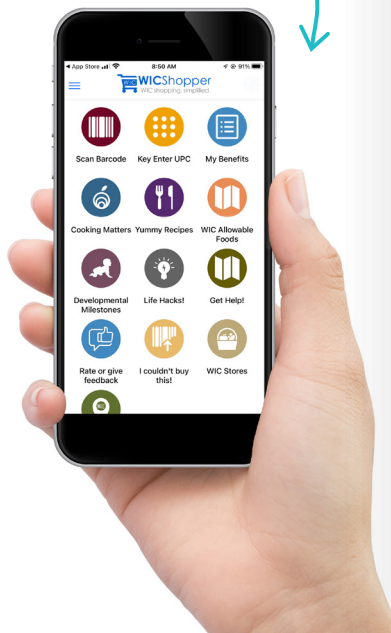


NEVADA WIC CARD
GOES HERE



SHOPPING WITH WIC

1. Before shopping, check your available WIC food benefit balance using one of the following tips:
 - a. Ask the store to print a copy of your balance. You will need to swipe your card to get this.
 - b. Call the number on the back of your card.
 - c. Download the **WICShopper App** from the App Store or Google Play to view your current food benefit balance.
 - d. Keep your receipts from WIC shopping trips. Your remaining balance and the date your current benefits expire will print each time you shop with your card.
2. Know your PIN for your WIC card. Call the number on the back of your card to reset your PIN.
3. Take this Shopping Guide with you to the store.



4. Know which foods are WIC-approved and the amount of each you have available.
 - a. Check that the food type and package size matches your benefits list. If you are unsure, you can use the **WICShopper App** to scan items to see if they are WIC-approved and available on your card.
 - b. You can buy a little or a lot – no need to buy all your food at one time.
Remember to use your benefits before the end of the month. Any unused benefits will expire.
5. At checkout, you do not need to separate your WIC foods or mention that this is a WIC transaction.
If using self-checkout, be sure to select the eWIC payment option.
 - a. To pay, always swipe your WIC card first!
 - b. Enter your PIN.
 - c. A redemption receipt will print. Review this receipt to check which items will be paid for by WIC.
 - d. You may ask the cashier to remove any items that were not WIC-approved. When you are satisfied with the transaction, choose “confirm” on the keypad to finalize your purchase.
 - e. Pay for any remaining balance with SNAP benefits or other form of payment.



CHEESE

Approved varieties of domestic cheese made from 100% pasteurized milk.

SIZE: 8 oz or 16 oz package

ALLOWED:

- Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Processed American, Provolone and Swiss
- Block, cubed, shredded, stick, string and sliced
- Cheese blend of any of the above varieties
- Cheeses that are labeled low, free, reduced, less or light in sodium, fat, or cholesterol

NOT ALLOWED:

- Added ingredients or seasonings
- Flavored cheeses such as smoked
- Cheese food, spread, or product
- Imitation cheese
- Imported cheese
- Cheese from store deli
- Individually wrapped slices
- Organic

WAYS TO BUY



TOFU

As listed on benefit statement.

SIZE: 16 oz packages

Azumaya
tofu

Azymaya

- Extra Firm
- Firm

 *House Foods*

House Foods

- Extra Firm
- Firm
- Medium Firm



NOT ALLOWED:

- Added fats, sugars, oils, or sodium
- Seasoned tofu

EGGS

SIZE: One dozen carton

ALLOWED:

- Medium, Large, X-large, Jumbo
- White or brown
- Non Organic

NOT ALLOWED:

- Specialty, including fertile eggs
- Dried egg mix
- Added vitamins or minerals
- Organic

COLD CEREAL

Cereal with added pieces such as nuts or clusters is not recommended for children under 3 years old.

SIZE: 11.8 oz, 12 oz, 12.1 oz, 13 oz, 14 oz, 15 oz, 16 oz, 18 oz, 20 oz, 21 oz, 22 oz, 23 oz, 24 oz, 36 oz



General Mills

- Cheerios 🌾
- Multi-Grain Cheerios 🌾
- Blueberry Chex
- Cinnamon Chex
- Corn Chex
- Rice Chex
- Vanilla Chex
- Wheat Chex 🌾
- Berry Berry Kix 🌾
- Honey Kix 🌾
- Kix 🌾
- Whole Grain Total 🌾



Kellogg's

- All Bran
- Corn Flakes
- Crispix
- Frosted Mini Wheats 🌾
- Frosted Mini Wheats Blueberry 🌾
- Frosted Mini Wheats Strawberry 🌾



Malt O Meal

- Crispy Rice
- Blueberry Mini Spooners 🌾
- Frosted Mini Spooners 🌾
- Frosted Strawberry Cream Mini Spooners 🌾



Post

- Bran Flakes 🌾
- Grape Nuts 🌾
- Great Grains Banana Nut Crunch 🌾
- Great Grains Crunchy Pecan 🌾
- Honey Bunches of Oats - With Almonds 🌾
- Honey Bunches of Oats - With Maple and Pecans 🌾



Quaker

- Life 🌾

- Rice Krispies
- Special K Original
- Special K Banana 🌾
- Special K Protein - Honey Almond 🌾
- Special K Protein - Ancient Grains 🌾
- Special K Protein - Touch of Cinnamon 🌾

STORE BRAND/PRIVATE LABEL



Food Club

- Corn Flakes
- Corn Squares
- Crisp Rice
- Frosted Shredded Wheat 🌾
- Honey and Oats
- Rice Squares
- Toasted Oats 🌾
- Wheat Squares 🌾



Great Value

- Bran Flakes 🌾
- Corn Flakes
- Corn Squares
- Crispy Rice
- Frosted Shredded Wheat 🌾
- Honey Crunch Oat
- Rice Squares
- Toasted O's 🌾
- Wheat Squares 🌾



Kroger

- Corn Flakes
- Crispy Rice
- Honey Crisp Medley
- Rice Bits
- Toasted Oats 🌾



Market Essentials

- Toasted Oats 🌾



Market Pantry

- Toasted Rice



Raley's

- Corn Biscuits
- Corn Flakes
- Crispy Rice
- Rice Biscuits
- Toasted Oats



Signature Select

- Bran Flakes 🌾
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Frosted Shredded Wheat Bite Size 🌾
- Oats and Almonds
- Rice Pockets
- Shredded Wheat Frosted Bite Size 🌾
- Toasted Oats 🌾
- Wheat Pockets 🌾



Sunny Select

- Bran Flakes 🌾
- Corn Flakes
- Crispy Rice
- Crunchy Corn
- Crunchy Rice
- Frosted Shredded Wheat 🌾
- Oats & More with Honey
- Toasted Oats 🌾



WinCo Foods

- Corn Flakes
- Crispy Rice
- Crunchy Honey & Oats 🌾
- Frosted Shredded Wheat Bite Size 🌾

🌾 = whole grain



HOT CEREAL

SIZE: 11.8 oz, 12 oz, 12.1 oz, 13 oz, 14 oz, 15 oz, 16 oz, 18 oz, 20 oz, 21 oz, 22 oz, 23 oz, 24 oz, 36 oz



B&G Foods

- Cream of Rice
- Cream of Wheat Original
- Cream of Wheat Whole Grain 🌾



Farina Mills

- Farina Original



Malt O Meal

- Creamy Wheat
- Farina
- Original Wheat



Quaker

- Instant Grits Original
- Instant Oatmeal 🌾

🌾 = whole grain

STORE BRAND/PRIVATE LABEL



First Street

- Instant Oatmeal Original 🌾



Food Club

- Instant Oatmeal 🌾



Great Value

- Instant Oatmeal Original 🌾



Kroger

- Instant Grits Butter Flavor
- Instant Oatmeal Original Oats 🌾



Mom's Best Cereals

- Quick Oats 🌾



Nabisco

- Cream of Wheat



Raley's

- Instant Oatmeal 🌾



Signature Select

- Cream of Wheat
- Instant Oatmeal 🌾



Sunny Select

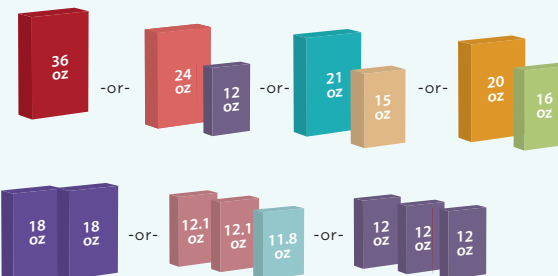
- Instant Oatmeal 🌾



WinCo Foods

- Instant Oatmeal Regular 🌾

WAYS TO BUY



CANNED BEANS

SIZE: 15 oz - 16 oz can

ALLOWED:

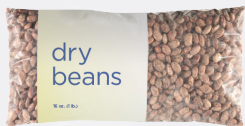
- Reduced sodium
- Any brand

NOT ALLOWED:

- Added fats, oils, or sugars
- Baked or pork and beans
- Added meat, sauces, spices, vegetables, or fruits
- Soups or soup mixes
- Immature beans
- Organic



WAYS TO BUY



One 16 oz bag of dried beans

-or-



Four 15 - 16 oz cans
of canned beans

DRIED BEANS/PEAS

SIZE: 16 oz bag

ALLOWED:

- Plain dry beans, peas, or lentils

Varieties include, but are not limited to:

- Black beans
- Black-eyed peas
- Fava or mung beans
- Garbanzo beans (*chickpeas*)
- Great Northern beans
- Kidney beans
- Mature lima beans (*butter beans*)
- Pinto beans
- Soy beans/edamame
- Split peas or lentils
- White beans (*navy or pea beans*)

NOT ALLOWED:

- Soup mixes
- Seasoning packets
- Organic





PEANUT BUTTER

SIZE: 16 oz - 18 oz jar

ALLOWED:

- Creamy (smooth) or chunky (crunchy)
- Salted or unsalted
- Reduced fat

NOT ALLOWED:

- Added fats, oils, or sugar
- Peanut butter spreads
- Added ingredients such as marshmallows, honey, jelly, or chocolate
- Store ground
- Organic

CANNED FISH

For individuals who fully breastfeed.

SIZE: 3.75 oz - Sardines

5 oz, 5.5 oz, 6 oz, 7.5 oz, or 15 oz -

Tuna, Salmon, or Jack Mackerel

14.75 oz - Salmon

ALLOWED:

- Chunk Light Tuna only
- Pink Salmon only
- Pack may include bones or skin
- Added sauces or flavorings

NOT ALLOWED:

- Albacore tuna
- Tuna spreads
- King mackerel
- Any other type of salmon
- Lunch pack

MIX & MATCH CANNED FISH UP TO 30 OZ



Six 5 oz cans

- or -



Two 15 oz cans



Eight 3.75 oz cans

- or -



Two 14.75 oz cans

- or -



One 15 oz can and three 5 oz cans



INFANT CEREAL

SIZE: 8 oz or 16 oz container

ALLOWED:

- Barley, Multigrain, Oatmeal, Rice, or Whole Grain varieties
- Organic



Beech-Nut



Earth's Best



Gerber

NOT ALLOWED:

- Single serving packets
- Added ingredients such as infant formula, milk, fruit, or other non-cereal ingredients

INFANT FRUITS AND VEGETABLES

SIZE: 3.5 oz, 4 oz, multipacks that add up to 7 oz, 8 oz, 16 oz, 32 oz, 128 oz

ALLOWED:

- Stage 2 or 2.5
- Fruit or vegetable must be listed as the first ingredient



Beech-Nut



Earth's Best



Gerber



Happy Baby



**Happy
Naturals**



**Mom's Natural
Choice**



**Parent's
Choice**



**Tippy
Toes**

NOT ALLOWED:

- Pouches
- Added sugars, starches, or sodium
- Added cereal
- Any desserts (like fruit cobbler) or dinners

INFANT MEATS

SIZE: 2.5 oz, 4 oz, multipacks that add up to 10 oz, 12 oz, 30 oz

For fully breastfed infants 6-12 months.

ALLOWED:

- Meat or poultry as a single major ingredient
- Added broth or gravy
- Texture pureed through diced



Beech-Nut



Earth's Best



Gerber



Happy Naturals



Mom's Natural Choice



Tippy Toes

NOT ALLOWED:

- Pouches
- Processed with added sugars or sodium
- Any combinations (like meat and vegetables)
- Any infant dinners (like spaghetti and meatballs)

WAYS TO BUY



Three 10 oz packs
(4-2.5 oz jars)

- or -



One 12 oz pack (3-4 oz jars) +
Four 2.5 oz jars + Two 4 oz jars



HOW MANY JARS IS THAT?

OUNCES	2.5 OZ JAR	4 OZ JAR	4 OZ TWIN PACK
128	51	32	16
96	38	24	12
64	26	16	8
32	13	8	4



WHOLE GRAINS

100% WHOLE GRAIN BREAD,
WHOLE WHEAT OR CORN
TORTILLAS, WHOLE GRAIN
PASTA, OR BROWN RICE

WAYS TO BUY



16 oz package of
buns or rolls

-or-



16 oz loaf
of bread

-or-



16 oz tortillas

-or-



16 oz whole
wheat pasta

-or-



16 oz brown rice

100% WHOLE GRAIN BREAD, BUNS, AND ROLLS

Eligible bread, buns, and rolls must have whole grain or whole wheat as the primary ingredient.

SIZE: 16 oz only



Bimbo

- 100% Whole Wheat Bread



Franz

- 100% Whole Wheat Bread



Home Pride

- 100% Whole Wheat Bread



Nature's Harvest

- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Bun
- 100% Whole Wheat Hotdog Bun



Nature's Own

- 100% Whole Grain Bread
- 100% Whole Wheat Bread With Honey



Oroweat

- Soft 100% Whole Wheat Bread
- 100% Whole Wheat Sandwich Bun
- 100% Whole Wheat Hotdog Bun



Rainbo

- 100% Whole Wheat Bread
- 100% Whole Wheat Dinner Rolls



Pepperidge Farms

- Stone Ground 100% Whole Wheat Bread
- Thin Sliced 100% Whole Wheat Bread



Wonder

- 100% Whole Wheat Bread
- Soft 100% Whole Wheat Bread



Sara Lee

- 100% Whole Wheat Bread
- Soft & Smooth 100% Whole Wheat Hamburger Bun
- Soft & Smooth 100% Whole Wheat Hotdog Bun

STORE BRAND/PRIVATE LABEL



Best Yet

- 100% Whole Wheat Bread



Cobblestone

- 100% Whole Wheat Bread



Dunford

- Multi-Grain Bread



Essential Everyday

- 100% Whole Wheat Bread



Great Grains

- 100% Whole Wheat Bread



Great Value

- 100% Whole Wheat Bread



Hy-Vee

- 100% Whole Wheat Bread



Kroger

- 100% Whole Wheat Bread



Signature Select

- 100% Whole Wheat Bread



Sunnyside Farms

- 100% Whole Wheat Bread



Sunny Select

- 100% Whole Wheat Bread



Vandekamps

- 100% Whole Wheat Bread



WinCo Foods

- 100% Whole Wheat Bread



NOT ALLOWED:

- Breads from in-store bakery
- Sugar-free or light
- Swirls such as cinnamon or honey
- Added fruit or nuts (e.g. raisins)
- English muffins or bagels
- Labeled organic



THINGS TO LOOK FOR WHEN BUYING WHOLE GRAIN BREAD:



Check the label.

Label says "100% Whole Grain/Multi Grain" or "100% Whole Wheat".



Check ounces of product.

Make sure the product isn't over 16 ounces before purchasing.

TORTILLAS

Eligible tortillas must have corn listed as the first ingredient or whole wheat flour listed as the only flour in the ingredient list.

SIZE: 16 oz only

100% Soft Corn Tortillas or 100% Whole Wheat Tortillas



Bucky Badger



Cardenas



Carlita



Celia's



Chi-Chi's

- Fajita Size



Don Pancho



El Buen Gusto



El Super



Guerrero



Kroger



La Banderita



La Burrita



La Ranchera



Marcela Valladolid



Mi Casa



Mission



Ortega



Ozuna



Pepito



Romero's



Santa Fe



Signature Select



Tia Rosa



100% WHOLE GRAIN PASTA

Eligible pasta products must be 100% whole wheat. Brands of pasta and varieties that meet this requirement are listed below.

SIZE: 16 oz only



Barilla

- Angel Hair
- Elbows
- Linguine
- Medium Shells
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti



Essential Everyday

- Elbow Macaroni
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



Food Club

- Penne Rigate
- Spaghetti



Great Value

- Elbow Macaroni
- Linguine
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



Hodgson Mill

- Angel Hair
- Elbows
- Spaghetti
- Spinach Spaghetti
- Spirals
- Thin Spaghetti



Kroger

- Penne Rigate
- Spaghetti
- Thin Spaghetti
- Tight Rotini



Raconto

- Penne Rigate
- Rigatoni
- Spaghetti



Raley's

- Penne
- Rotini
- Spaghetti
- Thin Spaghetti



Ronzoni

- Linguine
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



Signature Select

- Elbow Macaroni
- Linguine
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



Sunny Select

- Penne Rigate
- Rotini
- Spaghetti



NOT ALLOWED:

- Flavored pasta which includes garlic herb, spinach, etc.



BROWN RICE

SIZE: 14 oz instant rice or 16 oz

ALLOWED:

- Instant, quick, or regular cooking



Ben's Original



Best Yet



Blue Ribbon



C&F Foods



Food Club



Freedom's Choice



Goya



Great Value



Gulf Pacific



Hinode



Kroger



Lundberg



Mahatma



Peak



Raley's



Signature Select



Springfield



Sunny Select



Tsuru Mai



Western Family

NOT ALLOWED:

- Pearled barley
- Organic

FRUITS AND VEGETABLES

All fruits and vegetables are purchased with the fruit and vegetable Cash Value Benefits (CVB) except juices, dried beans or peas, and canned beans.

ALLOWED:

- Any variety of fresh, frozen, or canned fruits and vegetables
- Whole, cut, or mixed fruits and vegetables
- Frozen beans such as black-eyed peas, edamame, garbanzo, and lima beans
- Organic



NOT ALLOWED:

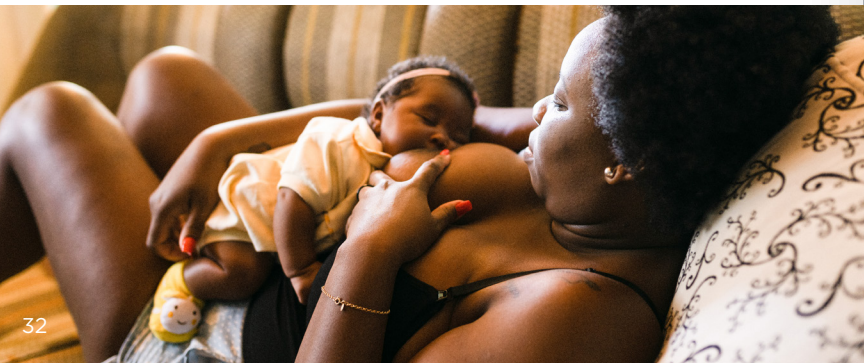
- Edible blossoms or flowers (e.g. squash blossoms)
- Dried fruits and vegetables
- Ketchup, salsa, or other condiments
- Pickled vegetables or olives
- Soups
- Herbs or spices
- Breaded vegetables
- Creamed or sauced vegetables
- Salad mixes with dressings or toppings
- Fruit basket
- Party trays
- Fruits or vegetables from salad bars
- Nuts, croutons, or salad toppings
- Ornamental or decorative fruits or vegetables (e.g. chili peppers on a string, garlic on a string or gourds)
- Added sugars or syrup



HUMAN MILK HAS HEALTH BENEFITS!

Supporting breastfeeding or chestfeeding is a priority of the WIC Program. Human milk offers health benefits to babies and lactating parents.

- ✓ Breastfed or chestfed babies have a reduced risk of developing ear infections, asthma, becoming overweight, or developing Type 1 Diabetes.
- ✓ Breastfeeding or chestfeeding can lower the parent's risk of breast or ovarian cancers, Type 2 Diabetes, and high blood pressure.
- ✓ WIC offers information, lactation support, breast pumps, and accessories at no cost to help parents meet their breastfeeding or chestfeeding goals.
- ✓ Fully breastfeeding or chestfeeding parents and their babies receive additional foods from WIC!



INFANT FORMULA

- ✓ If your baby is formula fed, see your benefits statement for the brand and type allowed.
- ✓ Follow formula mixing and storage instructions on formula can.
- ✓ WIC provides some baby food and formula, but you may need to purchase additional baby food and formula to meet your baby's needs monthly.





YOGURT

As listed on food benefit list: whole, lowfat, or nonfat.

SIZE: 32 oz tub or multipacks that add up to 32 oz
16 oz tub or multipacks that add up to 16 oz
Multipacks that add up to 21.2 oz and 20 oz
Individual containers: 5 oz, 5.3 oz, 5.5 oz, 6 oz

ALLOWED:

- Less than 40 grams total sugars per 1 cup (8 oz)
- Greek varieties

LOWFAT AND NONFAT ACTIVIA

Activia

- Black Cherry
(Regular & Greek)
- Blueberry (Regular & Greek)
- Blueberry/Blackberry Fusion
- Cherry (Lactose Free)
- Cherry/Vanilla Fusion
- Mango
- Mixed Berry
- Peach (Regular & Lactose Free)
- Peach/Mango Fusion
- Pineapple/Coconut Fusion
- Prune
- Strawberry (Regular, Greek & Lactose Free)
- Strawberry Banana
- Strawberry/Raspberry Fusion
- Vanilla (Regular, Greek & Lactose Free)

Chobani.

Chobani

- Apricot (Greek)
- Black Cherry (Greek)
- Blueberry (Regular, Greek & Less Sugar)
- Key Lime (Blended)
- Key Lime Pie
- Mango (Greek & Less Sugar)
- Mixed Berry
- Passion Fruit (Greek)
- Peach (Regular, Greek & Less Sugar)
- Pineapple (Regular & Greek)
- Plain (Greek)
- Pomegranate (Greek)
- Raspberry (Greek)
- Strawberry (Regular, Greek, Blended Greek & Less Sugar)
- Strawberry Banana (Greek)
- Vanilla (Regular, Blended Greek & Less Sugar)
- Vanilla Mixed Berry (Greek)

DANNON®

Dannon

- Banana (Regular & Fruit on the Bottom)
- Blueberry (Fruit on the Bottom)
- Cherry (Fruit on the Bottom)
- Coffee
- Mixed Berry (Fruit on the Bottom)
- Peach (Blended & Fruit on the Bottom)
- Plain (Regular & Greek)
- Raspberry (Fruit on the Bottom)
- Raspberry Chocolate (Light & Fit Greek)
- Vanilla



Fage (Total)

- Blueberry 0%
- Cherry 2%
- Plain 0%
- Plain 2%
- Raspberry 0%
- Strawberry



Go-Gurt

- Apple/Watermelon Jolly Rancher
- Banana/Raspberry
- Berry/Cherry
- Cotton Candy
- Cotton Candy/Melon Berry
- Green Apple/Watermelon Jolly Rancher
- Hershey's Cookies 'N Creme
- Mixed Berry/Strawberry Banana
- Punch
- Red Berry/Blue Raspberry Sour Patch
- Strawberry Vanilla
- Strawberry Watermelon



Greek Gods

- Black Cherry
- Plain (Regular & Traditional)

**Lala**

- Plain

**Land O Lakes**

- Strawberry Blended

**Mountain High**

- Plain
- Strawberry
- Vanilla

OIKOS**Oikos**

- Banana (Blended)
- Blueberry (Regular, Fruit on the Bottom Greek & Blended Greek)
- Cherry (Regular, Fruit on the Bottom Greek & Blended)
- Chocolate (Blended)
- Coffee (Blended)
- Mango (Blended)
- Mixed Berry (Regular & Blended)
- Peach (Blended)
- Pineapple (Blended)
- Plain (Regular, Honey Sweetened & Maple Sweetened)
- Raspberry (Fruit on the Bottom & Blended)
- Strawberry (Fruit on the Bottom Greek)
- Vanilla (Regular, Greek, Blended Greek, Honey Sweetened & Maple Sweetened)

siggis**Siggi's**

- Black Cherry
- Blueberry
- Mixed Berry Acai
- Raspberry
- Strawberry
- Vanilla

**Tillamook**

- Dark Cherry
- French Vanilla
- Key Lime
- Lemon Squeeze
- Marionberry
- Mountain Huckleberry
- Oregon Marionberry
- Peach
- Pineapple (Greek)
- Raspberry (Regular & Greek)
- Strawberry
- Vanilla Bean

**Wallaby Organic**

- Plain (Greek)
- Strawberry (Smooth)
- Vanilla (Smooth)

**Yoplait**

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Banana Cream Pie • Banana/Raspberry Trix • Berry • Blackberry Harvest • Blackberry Pomegranate • Black Cherry (Greek) • Blueberry (Regular, Greek & Smooth) • Cheesecake • Cherry Orchard • Cherry Starburst (Smooth) • Cookies N' Cream | <ul style="list-style-type: none"> • Cotton Candy • French Vanilla (Regular & Lactose Free) • Harvest Peach • Horchata (Smooth) • Key Lime Pie • Lemon Burst • Lemon Starburst (Smooth) • Mango • Mixed Berry (Regular & Greek) • Mountain Blueberry • Orange Creme | <ul style="list-style-type: none"> • Orange Starburst (Smooth) • Peach (Greek) • Piña Colada • Pineapple • Plain • Red Raspberry • Strawberry (Lactose Free) • Vanilla (Regular & Greek) • Wild Berry/Cotton Candy Trix |
|--|--|--|



STORE BRAND/PRIVATE LABEL



Bayview Farms

- Boysenberry
- Cherry
- Peach
- Piña Colada
- Raspberry
- Strawberry Banana
- Strawberry
- Vanilla



Best Yet

- Plain
(Regular & Greek)
- Vanilla
(Regular & Greek)



Food Club

- Black Cherry
(Greek)
- Blueberry
(Blended & Greek)
- Cherry (Blended)
- Key Lime Pie
(Blended)
- Lemon (Blended)
- Orange Cream
(Blended)
- Peach (Regular,
Blended & Greek)
- Plain
(Regular & Greek)
- Raspberry
(Regular, Blended
& Greek)
- Strawberry
(Blended & Greek)
- Strawberry
Banana (Blended
& Greek)
- Vanilla (Blended &
Greek)



Great Value

- Banana
(Regular &
Blended)
- Blueberry
(Regular, Blended
& Greek)
- Cherry
(Regular &
Blended)
- Mixed Berry
- Orange
- Peach
(Regular &
Blended)
- Plain
(Regular & Greek)
- Strawberry
(Blended)
- Strawberry
Banana (Blended
& Greek)
- Strawberry
Banana/
Melonberry
(Tubes)
- Vanilla
(Regular, Greek &
Blended)



Kroger

- Banana
(Fruit on the
Bottom)
- Black Cherry
(Blended & Fruit
on the Bottom)
- Blueberry
(Blended & Fruit
on the Bottom)
- Mixed Berry
(Fruit on the
Bottom)
- Peach
(Fruit on the
Bottom)
- Plain
(Regular,
Blended & Greek)
- Raspberry
(Blended)
- Strawberry
- Strawberry Banana
- Vanilla
(Regular &
Blended)
- Vanilla Bean
(Blended)



Lucerne

- Blueberry
- Cherry
- Peach
- Plain
(Regular &
Greek)
- Strawberry
- Strawberry
Banana
- Vanilla
(Regular &
Greek)



Nancy's

- Plain



Open Nature

- Black Cherry
(Greek)
- Blackberry (Greek)
- Blueberry (Stained
Greek & Icelandic)
- Coconut (Icelandic)
- Key Lime Pie
(Greek)
- Lemon (Greek)
- Mango (Greek)
- Mixed Berry (Greek
& Icelandic)
- Mixed Berry Acai
(Icelandic)
- Peach (Strained
Greek & Icelandic)
- Pineapple (Greek)
- Plain (Greek,
Strained & Icelandic)
- Raspberry (Greek &
Icelandic)
- Strawberry (Greek &
Icelandic)
- Vanilla (Greek &
Icelandic)





Redtop Reserve

- Blueberry
(Blended Greek)
- Plain
(Blended Greek)
- Strawberry
(Blended Greek)
- Vanilla
(Blended Greek)



Simple Truth

- Blueberry
Pomegranate
(Strained Greek Organic)
- Cherry
(Strained Greek Organic)
- Plain
(Strained Greek)
- Strawberry
(Strained Greek)
- Raspberry
(Strained Greek Organic)



Sunnyside Farms

- Blueberry
(Regular & Greek)
- Boysenberry
- Cherry
(Regular & Greek)
- Key Lime Pie
(Regular & Greek)
- Lemon
(Regular & Greek)
- Mixed Berry
- Orange Creme
- Peach
(Regular & Greek)
- Peach Mango
- Piña Colada
- Pineapple (Greek)
- Plain
(Regular & Greek)
- Raspberry
(Regular & Greek)
- Tropical Coconut
(Greek)
- Strawberry
(Regular & Greek)
- Strawberry
Banana
- Vanilla
(Regular & Greek)



WinCo Foods

- Black Cherry
(Greek)
- Blueberry
(Greek)
- Peach
(Regular & Greek)
- Plain
(Regular & Greek)
- Raspberry
(Greek)
- Strawberry
(Greek)
- Vanilla
(Regular & Greek)



WAYS TO BUY 32 OZ



One 32 oz container

=



Two 16 oz containers

=



Five 5.3 oz containers & One 5.5 oz container



Four 5 oz containers & Two 6 oz containers

=



Three 5 oz containers & Two 5.5 oz containers & One 6 oz container

=



One pack of four 5 oz cups & Two 6 oz containers



One pack of four 5.3 oz cups & One 5.3 oz container & One 5.5 oz container

=



Two packs of four 4 oz cups

=



One pack of eight 4 oz cups



One pack of four 4 oz cups & One pack of eight 2 oz tubes

=



One pack of sixteen 2 oz tubes

=



Two packs of eight 2 oz tubes

WHOLE FAT



BROWN COW

Brown Cow

- Plain (*Cream on Top*)
- Vanilla

Chobani.

Chobani

- Plain (*Regular & Greek*)



Dannon

- Coffee
- Peach
- Plain
- Strawberry
- Vanilla

LIBERTÉ

Liberté

- Baja Strawberry
- Brazilian Sea Salt Caramel
- Ecuadorian Mango
- Lemon
- Nicaraguan Coffee Bean
- Phillippine Coconut
- Vanilla Bean
- Washington Black Cherry



Mountain High

- Plain
- Strawberry
- Vanilla

OIKOS

Oikos

- Coffee (*Greek*)
- Peach (*Greek*)
- Plain (*Greek*)
- Strawberry (*Greek*)
- Vanilla (*Greek*)



Tillamook

- Black Currant (*Greek*)



Wallaby Organic

- Smooth Vanilla
- Strawberry



Yoplait

- Black Cherry
- Blackberry
- Blueberry
- Cherry
- Coconut
- Fruitside Blueberry
- Fruitside Cherry
- Fruitside Mixed Berry
- Fruitside Strawberry
- Honey
- Just 3 Yogurt Raspberry
- Just 3 Yogurt Strawberry
- Just 3 Yogurt Tropical
- Key Lime
- Lemon
- Mango
- Maple
- Mixed Berry
- Peach
- Pineapple
- Raspberry
- Tropical
- Vanilla

Qui Yoplait

- Blackberry
- Blueberry
- Coconut
- Honey
- Key Lime
- Lemon
- Mango
- Maple
- Peach
- Pineapple
- Raspberry
- Strawberry

STORE BRAND/PRIVATE LABEL



Food Club

- Key Lime (*Greek*)
- Raspberry (*Greek*)
- Toasted Coconut Vanilla (*Greek*)
- Vanilla (*Greek*)



Great Value

- Plain (*Greek*)



Kroger

- Plain (*Greek*)
- Vanilla (*Greek*)



Lucerne

- Plain
- Strawberry
- Vanilla



Open Nature

- Plain (*Greek*)



WinCo Foods

- Key Lime
- Lemon Meringue
- Plain
- Toasted Coconut Vanilla



GREEK YOGURT.

Zoi

- Lemon Cream (*Greek*)
- Plain (*Traditional Style Greek*)

NOT ALLOWED:

- Artificial sweeteners/zero calorie sweeteners
- Mix-in items (candy, granola, or nuts)
- Drinkable yogurt

MILK

Only the fat variety listed on food benefits: whole, lowfat, or nonfat.

SIZE: 32 oz, 64 oz, 96 oz, 128 oz

BRANDS: Approved brands include name brand and store brand varieties. For a list of approved brands, see the WICShopper App.

ALLOWED:

- Fat free, nonfat, skim
- Lowfat (1%)
- Sweet acidophilus (1%)
- Reduced fat (2%)
- Whole
- Lactose-free or lactose-reduced
- Ultra-high temperature (UHT)
- Dry milk powder
- Evaporated milk
- Fresh or evaporated goat's milk

NOT ALLOWED:

- Flavored milk
- Non-dairy beverages
- Non-pasteurized
- Organic



SOY BEVERAGE

As listed on food benefit list.

SIZE: 32 oz, 64 oz, 96 oz, 128 oz



8th Continent

- Original Soy
 - Vanilla Soy
- (refrigerated half-gallons)*



Pacific Foods

- Original Ultra Soy
 - Vanilla Ultra Soy
- (non-refrigerated quarts)*



Silk

- Original Soy
 - Aseptic Original Soy
- (refrigerated half-gallons, quarts and 2 packs)*





JUICE

ALLOWED:

- Calcium fortified
- Blends
- 100% juice with at least 30mg Vitamin C

NOT ALLOWED:

- Sweetened juices, fruit drinks, or juice cocktails
- Added spices
- Organic

JUICE FOR PREGNANT OR POSTPARTUM PARTICIPANTS

Size: 48 oz

11.5 OZ OR 12 OZ FROZEN CANS



Best Yet

- Orange (*Regular, Calcium Enriched, Country Style & Pulp Free*)



Campbell's

- Tomato



Dole

- Pineapple
- Pineapple Orange
- Pineapple Orange Banana



Donald Duck

- Orange (*Country Style*)



Essential Everyday

- Orange (*Regular, Calcium Enriched, Country Style & Pulp Free*)



Flav-R-Pac

- Orange



Food Club

- Apple
- Grape
- Orange (*Regular, Calcium Enriched, Pulp Free & Extra Pulp*)



Great Value

- Apple
- Grape
- Orange (*Regular & Pulp Free*)



IGA

- Orange (*Regular & Calcium Enriched*)



Juicy Juice

- Apple
- Apple Quench
- Berry
- Kiwi Strawberry
- Orange Tangerine
- Punch
- Purple Grape



Kroger

- Apple
- Grape
- Grapefruit
- Orange (*Regular, Pulp Free & High Pulp*)
- Pineapple



Langers

- Apple
- Autumn Blend
- Grape
- Orange (*Regular & Plus Vitamin C*)
- Pineapple
- Spring Blend
- Summer Blend
- Winter Blend



Minute Maid

- Orange (*Regular, Country Style & Pulp Free*)



**Old Orchard**

- Apple
- Apple Cherry
- Apple Cranberry
- Apple Kiwi Strawberry
- Apple Passion Mango
- Apple Raspberry
- Cranberry Blend
- Cranberry Raspberry
- Grape
- Orange
- Pineapple
- White Grape

**Seneca**

- Apple

**Shur Saving**

- Orange

**Signature Select**

- Apple
- Orange (Regular, Calcium Enriched, Country Style & Pulp Free)

SMITH'S Smith's

- Orange (Regular, Natural & Calcium Enriched)

**Springfield**

- Orange (Regular & Calcium Enriched)

**Sunny Select**

- Orange (Regular, Calcium Enriched, Country Style & Pulp Free)

**Tree Top**

- Apple

**V8**

- Low Sodium
- Original

**Valu Time**

- Orange (Regular, Calcium Enriched, Country Style & Pulp Free)

**Welch's**

- Apple
- Fruit Fantastic
- Grape
- Orange (Regular, Calcium Enriched, Country Style & Pulp Free)
- Purple Grape
- Tropical Passion
- White Grape
- White Grape Cranberry
- White Grape Peach
- White Grape Pear
- White Grape Raspberry

**WinCo Foods**

- Apple
- Grape
- Orange (Regular, Country Style & Pulp Free)
- White Grape

**48 OZ PLASTIC BOTTLE****Apple & Eve**

- Apple
- Cranberry Apple
- Cranberry Raspberry
- Naturally Cranberry

**Freedom's Choice**

- Apple

**Great Value**

- Apple

**Juicy Juice**

- Apple
- Cherry
- Fruit Punch
- Grape
- Kiwi Strawberry
- Orange

**Northland**

- Cranberry

**Old Orchard**

- Immune Health Citrus

**Ruby Kist**

- Apple
- Grape
- Orange
- Pineapple
- White Grape

**Seneca**

- Apple

JUICE FOR CHILDREN

Size: 64 oz

64 OZ PLASTIC BOTTLE



Bayview Farms

- Orange



Best Yet

- Pineapple



Campbell's

- Low Sodium
- Original



Cardenas

- Orange (Regular & Pure)



Dean's

- Orange



Dole

- Pineapple



Donald Duck

- Orange (Country Style & No Pulp)



Essential Everyday

- Orange (Regular, Calcium and Vitamin C Enriched, Some Pulp & No Pulp)
- Pineapple



Fine Foods

- Pineapple



Florida's Natural

- Orange (Home Squeezed & Premium)



Food Club

- Apple
- Cranberry Raspberry
- Grape
- Orange (Regular, No Pulp & Unsweet)
- Pineapple (Unsweet)
- Spicy Vegetable
- Tomato
- Vegetable
- White Grape



Great Value

- Apple
- Cranberry
- Cranberry Grape
- Cranberry Pomegranate
- Grape
- Orange (Regular, Calcium Enriched & Country Style)
- Pineapple
- Tomato
- Vegetable (Regular & Low Sodium)
- White Grape
- White Grape Peach



Hansen's Natural

- Orange



Juicy Juice

- Apple
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Peach Apple
- Punch
- Raspberry
- Strawberry Banana
- Strawberry Watermelon
- White Grape



Kroger

- Apple
- Apple Cider
- Cranberry
- Grape
- Orange (Regular & Homestyle)
- Pineapple
- Vegetable (Regular, Spicy & Low Sodium)
- White Grape
- White Grape Peach



Langers

- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Cranberry Grape
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange
- Pineapple
- Apple Peach Mango
- Berry
- Concord Grape
- Cranberry Acai
- Cranberry Berry
- Cranberry Fuji
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch
- Grape
- Harvest Apple
- Orange
- Pineapple
- Pineapple Orange
- Prune
- Purple Grape
- Red Grape
- Ruby Red Grapefruit
- Tomato
- Vegetable (Regular, Spicy & Low Sodium)
- White Grape

**Meadow Gold**

- Orange

**Minute Maid**

- Orange (*Regular, Light, Calcium and Vitamin D Enriched, Country Style, Home Squeezed & No Pulp*)

**Model Dairy**

- Orange

**Mott's**

- Apple

**Ocean Spray**

- Apple
- Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon

**Old Orchard**

- Acai Pomegranate
- Apple
- Apple Cranberry
- Berry Blend
- Black Cherry
- Cranberry
- Blueberry
- Pomegranate
- Cherry Pomegranate
- Cranberry
- Pomegranate
- Grape
- Kiwi Strawberry
- Mango Tangerine
- Orange
- Pineapple
- Red Raspberry
- White Grape
- Wild Cherry

**Raley's**

- Apple
- Grape
- Grapefruit
- Vegetable (*Low Sodium*)
- Tomato
- White Grape

**Seneca**

- Apple

**Shoppers Value**

- Orange

**Signature Select**

- Apple
- Apple Cider
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grapefruit
- Orange (*Regular, Calcium and Vitamin C Enriched, Homestyle & Country Style*)
- Pineapple
- Tomato
- Vegetable (*Regular & Low Sodium*)
- White Grape

**Springfield**

- Orange
- Pineapple

**Sunny Select**

- Apple (*Regular & Calcium Enriched*)
- Apple Cider
- Grape
- Grapefruit
- Orange (*Regular, Calcium Enriched, Country Style & Premium*)
- Pineapple
- Vegetable
- White Grape

**Tree Sweet**

- Orange

**Tree Top**

- Apple
- Apple Berry
- Apple Cranberry
- Apple Grape
- Pineapple Orange

**Tropicana**

- Orange (*Regular & Some Pulp Homestyle*)

**V8**

- Original
- Vegetable (*Regular & Spicy Hot*)

**Welch's**

- Antioxidant
- Super Berry
- Antioxidant
- Tropical Trio
- Grape
- Purple Grape
- Red Grape
- White Grape
- White Grape Cherry
- White Grape Peach

**Western Family**

- Orange (*Regular & Country Style*)
- Pineapple

**WinCo Foods**

- Grape
- Orange

Buying, selling, or trading WIC benefits is ILLEGAL! If you buy, sell, trade, or give away your WIC foods, you may:

- ❌ **BE CHARGED WITH FRAUD;** and/or
- ❌ **REPAY IN CASH** the value of the food/formula benefits; and/or
- ❌ **LOSE YOUR BENEFITS** from the WIC Program.

QUESTIONS?

Contact your local WIC clinic or call 1-800-863-8942.

SHOPPING TIPS

Get the most for your money.

- Use coupons. Most stores feature weekly specials.
- Buy store brands.
- No need to buy all of your monthly food benefits at once.
- If you do not want an item you do not have to buy it.
- Food benefits can only be used during the assigned month, benefits do not roll over. Any remaining foods will expire the last day of the month.
- Keep your receipts to know your balance or help solve issues.

DO YOUR NUTRITION EDUCATION ONLINE.



Follow these easy steps:

1. Go to wichealth.org.
2. Create an account and set up your profile.
3. Click "Start or Continue a Lesson" and complete a lesson from one of the topics.
4. Fill out the survey. Your completion record will automatically be sent to your WIC Clinic.

Nine digit WIC ID: _____

Username: _____ **Password:** _____

WIC Clinic: _____

WE ARE HERE TO HELP!

Nevada WIC
1-800-863-8942
nevadawic.org

Nevada Medicaid/Access Nevada
1-800-992-0900
accessnevada.dwss.nv.gov/

Nevada Breastfeeds
nevadabreastfeeds.org/

WIC Breastfeeding Support
WICbreastfeeding.fns.usda.gov/

Nevada Tobacco QuitLine
Nevadatobaccoquitline.com
1-800-784-8669

Nevada 211- 24/7 Assistance
Call or text 2-1-1
Nevada211.org
1-866-535-5654

NOTIFY YOUR WIC OFFICE IF YOU:

- Are unable to keep a scheduled appointment.
- Just had your baby!
- Need help or support with breastfeeding or chestfeeding.
- Are unable to purchase WIC foods.
- Have any problems or concerns about the store.
- Have questions about WIC services.
- Are moving out of Nevada.



1-800-863-8942
NEVADAWIC.ORG

The information in this booklet is subject to change.
Use the WICShopper App for a list of available food benefits.

This institution is an equal opportunity provider.