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| **Nevada WIC Nutrition Program**  **Nevada WIC APPROVED FOOD LIST**  **Effective February 1, 2019** | |
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| **WIC FOODS** | **DETAILS** |
| **Fruits and Vegetables** | * Any brand and variety of fresh, frozen, or canned fruits and vegetables * Prepackaged fruits and vegetables are allowed * Whole, cut, or mixed fruit and vegetables * Bagged salad-No kits with added dressings, nuts, croutons, cheese, etc. * Canned beans are not to be purchased using the fruits and vegetables CVB (Cash Value Benefits). Canned beans are under the legume category * Organic is allowed * No size limit   **NOT ALLOWED:**   * **Dried fruits and vegetables** * **Added sugar, fats or oils** * **Added sauces, dressings or creamed vegetables** * **Fruit leathers or fruit roll-ups** * **Added rice, meat, pasta, nuts or noodles** * **Pickled vegetables** * **Edible blossoms and/or flowers e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed)** * **Breaded or battered vegetables** * **Fruits and vegetables from the salad bar** * **Herbs, spices, or decorative fruits or vegetables** * **Fruit baskets** * **Party vegetable trays** * **Ornamental or decorative fruits or vegetables such as chili peppers on a string, garlic on a string, gourds, painted pumpkins** * **French fries, tater tots, etc.**   **\*Canned refers to processed food items in cans or other shelf-stable**  **containers (e.g. jars, pouches).** |
| **100% Whole Wheat Bread** | * Loaf of bread, buns, or rolls * 16oz packages only * Whole wheat must be the first ingredient listed on the packaging   **NOT ALLOWED:**   * **Organic** * **Light bread** |
| **Brown Rice** | * 16oz bags or boxes allowed * Instant, Quick, or Regular Cook Time * Short or Long Grain   **NOT ALLOWED:**   * **Bulk packages** * **Ready to serve** * **Boil in a bag** |
| **Tortillas** | * Whole wheat and corn only * 16oz packages only * Whole grain must be the first ingredient listed on the packaging * Brands & type: * Kroger - Whole Wheat * Romero - Corn * Romero - Whole Wheat * La Banderita - Whole Wheat * La Banderita - Corn * La Burrita - Corn * Chichi's - White Corn * Carlita - Corn * Carlita - Whole Wheat * Ortega - Whole Wheat * Chichi's - Whole Wheat * Guerrero - Corn * Guerrero - Whole Wheat * MiCasa - Whole Wheat * Mission - Corn * Mission - Whole Wheat * Don Pancho - White Corn * Don Pancho - Whole Wheat * Marcela Valladolid - Corn * Pepito - Corn * Pepito -Whole Wheat * Santa Fe - Yellow Corn * Santa Fe - Whole Wheat * Santa Fe - White Corn * El Buen Gusto - Whole Wheat * Cardenas Ranchera - Maiz Blanco * Tia Rosa - Corn, Yellow * Tia Rosa - Corn * Tia Rosa - Whole Wheat * Ranchera - Corn * Celias Whole Wheat * Celias Corn   **NOT ALLOWED:**   * **Organic** |
| **Whole Wheat Pasta** | * 16oz packages only * 100% Whole Wheat * Shapes: bows, elbows, penne, rotini, shells, spaghetti, and spirals |
| **Tofu** | * Plain, calcium-set tofu, which is: * Firm or medium * 16oz only,refrigerated, water-packed only * Brands: * Asumaya * House Premium   **NOT ALLOWED:**   * **Organic** * **No added fats, sugars, oils, or sodium (salt)** |
| **Soy Beverage**  **(Flavored or Unflavored)** | * Pacific Ultra Soy, Plain, shelf stable * Pacific Ultra Soy, Vanilla, shelf stable * Quart size (32oz container) * 8th Continent Soymilk, Original or Vanilla * Half Gallon (64oz container) * Silk Soymilk Original * Half Gallon (64oz container) |
| **Baby Food:**  **Fruits and Vegetables** | * Beech Nut, Gerber, Happy Naturals, Mom 2 Mom, Mom’s Natural Choice, Parents Choice and Tippy Toes * Step 2 or 2 ½ only * Single fruits and/or combinations of fruits in 3.5-4oz containers * Single vegetables and/or combinations of vegetables in 3.5-4oz containers * Multipacks that add up to 7oz, 8oz, 16oz, 32oz, or 128oz   **NOT ALLOWED:**   * **Added DHA, sugars, starches or salts** * **Desserts or dinners** |
| **Baby Foods:**  **Meats or Poultry** | * Beech Nut, Gerber, Happy Naturals, Mom 2 Mom, Mom’s Natural Choice, Parents Choice and Tippy Toes * Step 1 or Step 2 * 2.5oz jar, Multipacks that add up to 10oz, 12oz, or 30oz * Added broth or gravy allowed * Meats**:** * Beef * Chicken * Ham * Lamb * Turkey * Veal   **NOT ALLOWED:**   * **Organic** * **Added DHA, sugar or salts** * **Infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs)** |
| **Milk** | Types of unflavored, pasteurized non-organic milk in quarts, half gallons, three quarter gallons, and gallons:   * Whole (3.5%), reduced (2%), low fat (1%) or non-fat (fat-free)   + Vitamin A and D fortified * Acidophilus * Lactose-free and lactose-reduced (e.g. Lactaid) * Fluid shelf stable (UHT) * Dry Vitamin A and D fortified * Evaporated milk: calcium fortified * Fresh or evaporated goat’s milk   **NOT ALLOWED**   * **Organic**   **\*Milk can be sold in quarts, half—gallons, three-quarter gallons, and gallon** |
| **Cheese** | Any brand of these types of domestic cheese (or combination of the listed types) in 8oz or 16oz packages only made from 100% pasteurized non-organic milk:   * Cheddar * Colby * Longhorn Style * Jack * Mozzarella (regular or string) * Pasteurized Processed American * Regular, reduced fat, low fat, or fat free   Cheese may be:   * Blocked, sliced, shredded, or string * Low fat, reduced, less or light sodium, fat or cholesterol free   **NOT ALLOWED:**   * **Organic** * **Individually wrapped slices** * **Imported cheeses** * **Deli cut-to-order** * **Cheese food products spread or flavored cheeses** |
| **Yogurt**  **(Flavored or Unflavored)** | **Container size**   * 4oz, 5.3oz, 5.5oz, 6oz, 8oz, 16oz, 32oz * Multipacks that add up to 32oz or 16oz   **Allowable Types**   * Pasteurized Whole * Non-fat * Low-fat * Greek * Non-Dairy   **Flavors**   * Plain, Vanilla, Fruit Flavors   **NOT ALLOWED:**   * **Drinkables** * **Organic yogurts** * **Dessert flavors (e.g. cotton candy)** * **Yogurts in tube** * **Yogurt with fruit on the bottom** * **“Light” yogurts** * **Artificial sweeteners** * **Mix-ins (granola, candy, nuts, etc.)** * **Whipped yogurts** |
| **Eggs** | * Grade AA * White * Brown * Dozen only * Chicken eggs only * Cage free * Medium, Large, Extra-Large Jumbo   **Not allowed:**   * **Fertile, free-range, omega-3, organic or with added vitamins or minerals** * **Eggland’s Best** |
| **Canned/Dried beans, peas, or lentils** | Dried Beans:   * Any brand * 16oz bag   Canned Beans:   * 14-16oz cans * Any brand * Black * White * Cannellini * Butter * Great Northern * Lentils * Chickpeas * Lima * Red * Black-eyed peas * Kidney * Navy * Pinto * Fat-free refried beans regular or low sodium   **NOT ALLOWED:**   * **Organic** * **Added fats, oils, meats, fruits or vegetables** * **Baked or pork and beans \*baked allowed for homeless food pkg.** * **Soup mix** * **Green or wax beans** * **Frozen green peas** * **Flavored beans (Cajun style, BBQ, ranch-style, chili beans, snap beans, orange beans, etc.)** * **Added sugars** |
| **Peanut Butter** | Any brand of these types of non-organic peanut butters in 16 to 18oz containers:   * Creamy * Chunky * Extra chunky * Salted or unsalted * Regular or Reduced fat   **NOT ALLOWED:**   * **Peanut “Spreads”** * **Added jelly, jam, honey, reduced fat, chocolate or marshmallows** * **Palm oil** * **Organic** |
| **Cereal** | ***Approved Sizes: 12oz, 11.8oz, 12oz, 12.1oz, 13oz, 14oz, 15oz, 16oz, 18oz, 20oz, 21oz, 22oz, 23oz, 24oz, 36oz***  Cold cereals:   * Malt O Meal   + - Frosted Mini Spooners     - Strawberry Cream Mini Spooners     - Blueberry Mini Spooners     - Crispy Rice * General Mills Cheerios Regular * General Mills Multi Grain Cheerios * General Mills Total Whole Grain * General Mills Kix * General Mills Honey Kix * General Mills Berry Berry Kix * General Mills Chex * Wheat * Corn * Rice * Multi Grain * Kellogg’s Corn Flakes * Kellogg’s Frosted Mini-Wheats Regular or Bite Size * Kellogg’s Crispix * Post Banana Nut Crunch * Post Bran Flakes * Post Grape Nuts (regular only) * Post Honey Bunches of Oats * Honey Roasted * Vanilla Clusters * Almonds * Quaker Oats Life (regular only)   Hot:   * Malt O Meal * Original Hot Wheat Cereal * All Natural Creamy Hot Wheat Cereal * Farina Hot Wheat Cereal * Mom’s Best * Naturals Quick Oats * Better Oats * Good ’n Hearty * Classic * Maple & Brown Sugar * Apples and Cinnamon * Quaker Oats Oatmeal * Instant Mix n Eat, regular flavor only * Nabisco Cream of Wheat (Any cooking time except instant) * Nabisco Cream of Wheat Whole Grain |
| **Infant Cereal** | * 8oz boxes of dry Gerber or Beechnut infant cereal**.** (unless otherwise specified on the shopping list) * Whole wheat * Barley * Rice * Oatmeal * Whole grain * Multigrain * Mixed grain   **NOT ALLOWED:**   * **Organic** * **DHA** * **Single serving** * **Added fruit, added milk, infant formula or other non-cereal ingredients** |
| **Juice - 64oz bottles or carton, single strength**  **Note**: This container size is for children only | 100% fruit juice, unsweetened and pasteurized   * Apple Juice: * Seneca Apple (Red Label only) * Tree Top Apple (Green Label only) * Juicy Juice Apple * Juicy Juice Apple Raspberry * Juicy Juice Apple Banana * Langer’s Apple Juice * Langer’s Apple Cranberry Juice * Grape: * Welch’s White Grape, Purple Grape or Red Grape * Juicy Juice Purple Grape or White Grape * Langer’s Red Grape, White Grape or Purple Grape * Orange and Pineapple: * Must contain at least 120% of Daily Value (DV) for Vitamin C per 8oz serving * Vegetable: * V8 * Campbell’s Tomato * Campbell’s Low Sodium Tomato * Other Flavors: * Juicy Juice Cherry * Juicy Juice Berry * Juicy Juice Strawberry Banana * Juicy Juice Kiwi Strawberry * Juicy Juice Orange Tangerine * Juicy Juice Punch * Juicy Juice Strawberry Watermelon * Langer’s Ruby Red Grapefruit |
| **Juice – 11.5 or 12oz cans, frozen or “pourable”**  **concentrate**  **Frozen and pourable juices reconstitute to 48 fluid oz**  Note: This container size is available to women only. | 100% fruit juice   * Apple Juice: * Seneca (Red label only) * Tree Top (Green label only) * Juicy Juice Apple * Langer’s Apple Juice * Grape: * Welch’s White Grape * Welch’s Purple Grape * Welch’s White Grape Cranberry * Welch’s White Grape Raspberry * Welch’s White Grape Pear * Welch’s White Grape Peach * Orange and pineapple: * Least expensive brand * Must contain at least 120% of Daily Value (DV) for Vitamin C per 8 oz serving * Other Flavors: * Juicy Juice Berry * Juicy Juice Punch   **NOT ALLOWED:**   * **Fruit drinks** * **Sodas** * **Other beverages that are nectar, cocktail or not 100% juice** |
| **Canned Fish** | * Sardines: Any Brand * 3.75oz cans or larger * Packed in water, oil, mustard, or ketchup * Salmon: Any Brand   + 14.75oz size \*\*SALMON ONLY\*\*   + Packed in water, water * Jack Mackerel: MUST be labeled Jack Mackerel * Tuna: any brand * Packed in water * Chunk light ONLY * 3.75oz cans or larger * Must be light tuna   **NOT ALLOWED:**   * **Albacore** * **Solid** * **Low Sodium, added seasonings** * **Pouches or organic** |

**All stores are required to meet the WIC minimum stock requirements at all times.**