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