

NEVADA WIC APPROVED FOOD LIST

Effective August 24, 2023

WIC FOODS	DETAILS
Fruits and Vegetables	<ul style="list-style-type: none"> • 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 salads without added dressings, nuts, croutons, or cheese • Canned beans fall under the legume category and are not to be purchased using the fruits and vegetables Cash Value Benefit (CVB) • Organic is allowed • No Size limit <p>*Canned refers to processed food items in cans or other shelf-stable containers (e.g. jars, pouches).</p> <p>NOT ALLOWED:</p> <ul style="list-style-type: none"> • 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, or nuts • 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 or spices • Fruit baskets • Party trays with fruits or vegetables • Ornamental or decorative fruits or vegetables such as chili peppers on a string, garlic on a string, inedible gourds, painted pumpkins • French fries, tater tots, etc.

<p>100% Whole Wheat or 100% Whole Grain / Multi-Grain Bread</p>	<ul style="list-style-type: none"> • Loaf of bread, package of buns or rolls • 16 oz. packages only • Whole grain must be the first ingredient listed <u>NOT ALLOWED:</u> • Organic • “Light” bread
<p>Brown Rice</p>	<ul style="list-style-type: none"> • 16 oz. package or 14 oz instant rice ONLY • Instant, Quick, or Regular Cook Time <u>NOT ALLOWED:</u> • Ready to serve or boil in a bag
<p>Tortillas</p>	<ul style="list-style-type: none"> • 100% Whole wheat or soft corn tortillas • 16 oz. packages only • Whole grain must be the first ingredient listed • Brands <ul style="list-style-type: none"> • Bucky Badger • Cardenas • Carlita • Celia’s • Chichi’s • 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 <u>NOT ALLOWED:</u> • Organic

Whole Wheat Pasta	<ul style="list-style-type: none"> • 16 oz. packages only • 100% Whole Wheat • Shapes: bows, elbows, penne, rotini, shells, spaghetti, and spirals
Tofu	<ul style="list-style-type: none"> • Plain, calcium-set tofu • Extra Firm, Firm, or Medium • <u>16 oz. size only</u> • Refrigerated, water-packed • Brands: <ul style="list-style-type: none"> ▪ Asumaya ▪ House Foods <u>NOT ALLOWED:</u> <ul style="list-style-type: none"> • Organic • No added fats, sugars, oils, or sodium
Soy Beverage (Flavored or Unflavored)	<ul style="list-style-type: none"> • Half gallon (64 oz) or Quart (32oz) sizes • Refrigerated or shelf stable allowed • Pacific Ultra Soy, Original, shelf stable <ul style="list-style-type: none"> ▪ Quarts • 8th Continent Soymilk, Original or Vanilla, refrigerated <ul style="list-style-type: none"> ▪ Half gallon • Silk Soymilk, Original, refrigerated <ul style="list-style-type: none"> ▪ Half gallon, Quart
Baby Food: Fruits and Vegetables	<ul style="list-style-type: none"> • 3.5oz - 4 oz. containers • Multipacks that add up to 7oz, 8oz, 16oz, 32oz, or 128oz • <u>Step 2 or 2 ½ only</u> • Beech Nut, Earth's Best, Gerber, Happy Baby, Happy Naturals, Mom's Natural Choice, Parents Choice, and Tippy Toes • Single fruits and/or combinations of fruits • Single vegetables and/or combinations of vegetables <u>NOT ALLOWED:</u> <ul style="list-style-type: none"> • Added DHA, sugars, starches, or salts • Combinations with added pasta, meat, etc. • Desserts or dinners

<p>Baby Foods: Meats or Poultry</p>	<ul style="list-style-type: none"> • 2.5 oz size • Multipacks that add up to 10oz, 12oz, 20oz, or 30oz • <u>Step 1 or Step 2</u> • Beech Nut, Earth's Best, Gerber, Happy Naturals, Mom's Natural Choice, and Tippy Toes • Added broth or gravy allowed <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Added DHA, sugar, or salts • Infant food combinations (e.g., meat and vegetables) or dinners (e.g., Spaghetti and Meatballs)
<p>Cheese</p>	<ul style="list-style-type: none"> • 8oz or 16 oz packages • Domestic cheese • 100% pasteurized milk • Regular, reduced fat, low fat, fat free • Block, cubed, sliced, shredded, stick or string • Types: <ul style="list-style-type: none"> ▪ Cheddar ▪ Colby ▪ Longhorn Style ▪ Monterey Jack ▪ Mozzarella (regular or string) ▪ Muenster ▪ Pasteurized Processed American ▪ Provolone ▪ Swiss <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic • Added ingredients or seasonings (e.g., pepperjack) • Individually wrapped slices • Imported cheeses • Deli cut-to-order • Cheese food products spread or flavored cheeses

<p>Yogurt (Flavored or Unflavored)</p>	<ul style="list-style-type: none"> • 4oz, 5.3oz, 5.5oz, 6oz, 8oz, 16oz, 32oz • Multipacks that add up to 16oz or 32oz • Pasteurized • Whole, non fat, low fat, Greek • Plain, vanilla, or fruit flavors <p>NOT ALLOWED:</p> <ul style="list-style-type: none"> • Drinkables • “Light” yogurts • Artificial sweeteners • Mix-ins (granola, candy, nuts, etc.) • Whipped yogurts
<p>Eggs</p>	<p>Dozen Only, Chicken eggs only, Cage-free allowed, Medium, Large, Extra Large, Jumbo</p> <p>Not allowed:</p> <ul style="list-style-type: none"> • Fertile • Free-Range • Omega-3 or with added vitamins or minerals (e.g., Egglard’s Best) • Organic
<p>Canned/Dried beans, peas, or lentils</p>	<p><u>Dried Beans, peas, or lentils:</u></p> <ul style="list-style-type: none"> • 16oz • Any brand or type <p><u>Canned Beans, peas, or lentils:</u></p> <ul style="list-style-type: none"> • 14oz – 16oz cans • Any brand or type • Regular or low sodium • Fat-free refried beans allowed • <i>Baked or pork and beans allowed for specific food packages</i> <p>NOT ALLOWED:</p> <ul style="list-style-type: none"> • Organic • Added fats, oils or meats, fruits or vegetables • Soup mix • Green or wax beans • Frozen green peas or edamame (under CVB) • Flavored beans (Cajun style, BBQ, ranch-style, chili beans, snap beans, orange beans, etc.)

<p>Peanut Butter</p>	<ul style="list-style-type: none"> • 16oz - 18 oz size • Creamy, chunky, or extra chunky • Salted or Unsalted • Regular or Reduced Fat <p>NOT ALLOWED:</p> <ul style="list-style-type: none"> • Peanut “Spreads” • Powdered peanut butter • Store ground • Added ingredients (jelly, jam, honey, chocolate or marshmallows, etc.) • Palm oil • Organic
<p>Cereal</p>	<ul style="list-style-type: none"> • 11.8 oz, 12 oz, 12.1 oz, 13 oz, 14 oz, 15 oz, 15.5oz, 16 oz, 18 oz, 20 oz, 20.5oz, 21 oz, 22 oz, 23 oz, 24 oz, 36 oz <p><u>Cold Cereals</u></p> <p><i>General Mills</i></p> <ul style="list-style-type: none"> • Cheerios • Multi-Grain Cheerios • Blueberry Chex • Cinnamon Chex • Corn Chex • Rice Chex • Vanilla Chex • Berry Berry Kix • Honey Kix • Kix • Whole Grain Total <p><i>Kellogg's</i></p> <ul style="list-style-type: none"> • All-Bran • Corn Flakes • Crispix • Frosted Mini Wheats • Frosted Mini Wheats Blueberry • Frosted Mini Wheats Strawberry • Rice Krispies • Special K Original • Special K Banana • Special K Protein • Honey Almond Ancient Grains • Special K Protein – Touch of Cinnamon

	<p><i>Malt O Meal</i></p> <ul style="list-style-type: none">• Crispy Rice• Blueberry Mini Spooners• Frosted Mini Spooners• Strawberry Cream Mini Spooners <p><i>Post</i></p> <ul style="list-style-type: none">• Bran Flakes• Grape Nuts• Great Grains Banana Nut Crunch• Great Grains Crunchy Pecan• Honey Bunches of Oats<ul style="list-style-type: none">○ With Almonds○ With Maple and Pecans○ Vanilla <p><i>Quaker</i></p> <ul style="list-style-type: none">• Life <p><i>Food Club</i></p> <ul style="list-style-type: none">• Corn Flakes• Corn Squares• Crisp Rice• Frosted Shredded Wheat• Honey and Oats• Rice Squares• Toasted Oats• Wheat Squares <p><i>Great Value</i></p> <ul style="list-style-type: none">• Bran Flakes• Corn Flakes• Corn Squares• Crispy Rice• Frosted Shredded Wheat• Honey Crunch Oat• Rice Squares• Toasted O's• Wheat Squares <p><i>Kroger</i></p> <ul style="list-style-type: none">• Corn Flakes• Crispy Rice• Honey Crisp Medley• Rice Bits• Toasted Oats <p><i>Market Essentials</i></p> <ul style="list-style-type: none">• Toasted Oats
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	<p><i>Market Pantry</i></p> <ul style="list-style-type: none">• Toasted Rice <p><i>Raley's</i></p> <ul style="list-style-type: none">• Corn Biscuits• Corn Flakes• Crispy Rice• Rice Biscuits• Toasted Oats <p><i>Signature Select</i></p> <ul style="list-style-type: none">• 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 <p><i>Sunny Select</i></p> <ul style="list-style-type: none">• Bran Flakes• Corn Flakes• Crispy Rice• Crunchy Corn• Crunchy Rice• Frosted Shredded Wheat• Oats & More with Honey• Toasted Oats <p><i>WinCo Foods</i></p> <ul style="list-style-type: none">• Corn Flakes• Crispy Rice• Crunchy Hone & Oats• Frosted Shredded Wheat Bite Size <p><u>Hot Cereals</u></p> <p><i>B&G Foods</i></p> <ul style="list-style-type: none">• Cream of Rice• Cream of Wheat Original• Cream of Wheat Whole Grain <p><i>Farina Mills</i></p> <ul style="list-style-type: none">• Farina Original
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	<p><i>Quaker</i></p> <ul style="list-style-type: none"> • Instant Grits Original • Instant Oatmeal <p><i>First Street</i></p> <ul style="list-style-type: none"> • Instant Oatmeal Original <p><i>Food Club</i></p> <ul style="list-style-type: none"> • Instant Oatmeal <p><i>Great Value</i></p> <ul style="list-style-type: none"> • Instant Oatmeal Original <p><i>Kroger</i></p> <ul style="list-style-type: none"> • Instant Grits Butter Flavor • Instant Oatmeal Original Oats <p><i>Mom's Best Cereals</i></p> <ul style="list-style-type: none"> • Quick Oats <p><i>Nabisco</i></p> <ul style="list-style-type: none"> • Cream of Wheat <p><i>Raley's</i></p> <ul style="list-style-type: none"> • Instant Oatmeal <p><i>Signature Select</i></p> <ul style="list-style-type: none"> • Cream of Wheat • Instant Oatmeal <p><i>Sunny Select</i></p> <ul style="list-style-type: none"> • Instant Oatmeal <p><i>WinCo Foods</i></p> <ul style="list-style-type: none"> • Instant Oatmeal Regular
<p>Infant Cereal</p>	<ul style="list-style-type: none"> • 8 or 16 oz size • Beech-Nut, Earth's Best, Gerber • Whole wheat or whole grain • Barley • Rice • Oatmeal • Multi-Grain <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • DHA • Single serving packets • Added fruit, milk, infant formula, or other non-cereal ingredients

<p>Juice - 64 oz. bottles or carton, single strength</p> <p>Note: This size is available for children participants only</p>	<p>ALLOWED: Calcium fortified, Blends, 100% juice with at least 30mg Vitamin C per serving</p> <p>Brands</p> <ul style="list-style-type: none"> • Bayview Farms • Best Yet • Campbells • Cardenas • Dean's • Dole • Donald Duck • Essential Everyday • Fine Foods • Florida's Natural • Food Clun • Great Value • Hansen's Natural • Juicy Juice • Kroger • Langers • Meadow Gold • Minute Maid • Model Dairy • Mott's • Ocean Spray • Old Orchard • Raley's • Seneca • Signature Select • Springfield • Sunny Select • Tree Sweet • Tree Top • Tropicana • V-8 • Welch's • Western Family • WinCo Foods <p>NOT ALLOWED:</p> <ul style="list-style-type: none"> • Fruit drinks, nectar, or juice cocktail • Carbonated beverages or sodas • Added sugar
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<p>Juice – 11.5 or 12 oz. cans, frozen or “pourable” concentrate Frozen Or single strength 48 fluid oz containers</p> <p>Note: This size is available for adult participants only</p>	<p>Frozen Juice Concentrate – <u>100% Fruit Juice Only</u></p> <ul style="list-style-type: none"> • Best Yet • Campbell’s • Dole • Donald Duck • Essential Everyday • Flav-R-Pac • Food Club • Great Value • IGA • Juicy Juice • Kroger • Langers • Minute Maid • Old Orchard • Seneca • Shur Saving • Signature Select • Smith’s • Springfield • Sunny Select • Tree Top • V-8 • Valu Time • Welch’s • WinCo Foods <p>48 oz. full-strength juice</p> <ul style="list-style-type: none"> • Apple & Eve • Freedom’s Choice • Great Value • Juicy Juice • Northland • Old Orchard • Ruby Kist • Seneca <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Fruit drinks, nectar, or juice cocktail • Carbonated beverages or sodas • Added sugar
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Canned Fish	<p><u>Tuna:</u></p> <ul style="list-style-type: none">• 3.75oz, 5oz, 5.5oz, 6oz, 7.5oz, 12oz, 15oz, 20oz• Packed in water• Chunk light only <p>NOT ALLOWED:</p> <ul style="list-style-type: none">• Albacore• Solid <p><u>Sardines:</u></p> <ul style="list-style-type: none">• 3.75oz, 5oz, 5.5oz, 6oz, 7.5oz, 12oz, or 15oz• Packed in water, oil, mustard, or ketchup <p><u>Salmon:</u></p> <ul style="list-style-type: none">• 3.75oz, 5oz, 5.5oz, 6oz, 7.5oz, 12oz, 14.75oz or 15oz• Packed in water• Pink Salmon Only <p><u>Jack Mackerel :</u></p> <ul style="list-style-type: none">• 12oz, or 15oz• Only Jack Mackerel allowed
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