ALABAMA WIC

APPROVED FOODS
Special Supplemental Nutrition Program for Women, Infants and Children from the Alabama Department of Public Health

Effective
October 1, 2019 - September 30, 2020

DOWNLOAD OUR FREE ALABAMA WIC APP!

[Icons for Android on Google Play and iPhone on App Store]
FRESH FRUITS

Any variety of fresh fruit, whole or cut. Organic is allowed.

Examples:
- Bananas
- Apples
- Grapes
- Strawberries
- Oranges
- Blueberries

FRESH VEGETABLES

Any variety of fresh vegetables, whole or cut. Organic is allowed.

Examples:
- Carrots
- Potatoes (Any Color)
- Collard Greens
- Sweet Potatoes
- Green Beans
- Lettuce
- Broccoli
- Cauliflower
- Corn
- Packaged Lettuce/Salad Greens without dressing and/or croutons

ITEMS NOT ALLOWED:
- Canned, frozen, or dried fruits and vegetables
- Edible blossoms or flowers
- Herbs and spices
- Items for purchase on a salad bar
- Ornamental and decorative fruits and vegetables such as chili peppers or garlic on a string, gourds, painted pumpkins
- Packaged lettuce/salad greens with dressing and/or croutons
- Fruit baskets or party trays
- Nuts including peanuts
- Fruit/nut/grain mixtures

eWIC SHOPPING TIPS:
- Know your food benefit balance when you go to the store.
- You can check your benefit balance by using your printed shopping list, calling eWIC customer service at 1-855-279-0683, visiting WICConnect.com, saving your last store receipt or requesting a balance inquiry at the store.
- Purchase as much (or as little) as you want.
- Swipe eWIC first before any other form of payment.
CEREALS

- Select only the cereals listed. Pictures may change. Selections may vary by store.
- 11 to 36 oz. boxes or bags only.

How to buy up to 36 ounces of cereal:

Buy any combination that does not go over 36 ounces. Can be purchased in separate transactions.

Whole Grain Cereals

Honey Kix ★
Berry Berry Kix ★
Kix ★
Corn Flakes

Cheerios ★
Multi Grain Cheerios ★
Corn Chex
Rice Krispies

Banana Nut Crunch
Frosted Mini Wheats Original
Special K Original
Strawberry Cream Mini Spooners

Honey Bunches of Oats with Almonds
Honey Bunches of Oats Honey Roasted
Honey Bunches of Oats Vanilla Bunches

Quaker Instant Oatmeal Original
Quaker Instant Grits Original
Quaker Instant Grits Original Family Size
BREAD/TORILLAS/BROWN RICE
All authorized bread and tortillas pictured below. Each 16 oz. = one of the following three options.

WHOLE WHEAT/WHOLE GRAIN BREADS

Arnold
Hamburger Buns
100% Whole Wheat

Arnold
Hot Dog Buns
100% Whole Wheat

Bimbo
100% Whole Wheat

Nature’s Own
100% Whole Grain

Nature’s Own
100% Whole Wheat
With Honey

Roman Meal
100% Whole Wheat Sungrain

Sara Lee
100% Whole Wheat

Wonder
100% Whole Wheat

WHOLE GRAIN TORTILLAS

Celia’s
White Corn/Yellow Corn

Celia’s
Whole Wheat

Chi Chi’s
Whole Wheat

Chi Chi’s
White Corn

La Banderita
White Corn / Yellow Corn Grande

La Banderita
Whole Wheat
Soft Taco

La Banderita
Whole Wheat Fajita

MiCasa
Whole Wheat

Mission
Yellow Corn

Mission
Whole Wheat Fajita

Mission
Whole Wheat Soft Taco

Ortega
Whole Wheat

BROWN RICE
14-16 ounce bag or box. Any brand regular, instant, or boil in bag.

NOT Allowed:
- Seasoned
- Gourmet Blends
- Frozen
- White
- Organic

BROWN RICE
REGULAR, INSTANT, OR BOIL-IN-BAG
14-16 OZ. ANY BRAND
MILK
Approved: The least expensive brand available at time of purchase.

- Fat free
- 1% lowfat
- Whole (for children 12-23 months only)
- Lactose free/reduced (does not have to be specified on shopping list or benefit balance)
- Calcium enriched

Any combination of gallon or half gallon sizes.

Approved only when specified on shopping list or benefit balance:

- Evaporated (canned milk), 12 oz. can, Carnation and Pet brands only
- Dry milk (powdered), 9.6 oz. container
- Ultra high temperature, 32 oz. container

NOT Allowed:
- Acidophilus Treated
- Buttermilk
- Condensed
- Flavored
- Organic

SOY MILK
Soy milk in 1/2 gallon containers may be purchased when specified on shopping list or benefit balance.

Select only the soy milk listed. Pictures may change. Selections may vary by store.

NOT Allowed:
- Chocolate
- Complete
- DHA Omega-3
- Fat Free
- Light
- Organic
- Quarts and twin packs
YOGURT

32 oz. (2 lb.) yogurt allowed.
Dannon and Yoplait brands only.

• Select the products and flavors listed. Pictures may change. Selections may vary by store.

For women and children ages 2-5, low fat or non fat yogurt allowed.

Dannon
All Flavors
One 32 oz. (2 lb.) tub

Yoplait
All Flavors
One 32 oz. (2 lb.) tub

Yoplait Activia
All Flavors
One 8 count - 4 oz. (2 lb.) value pack

Yoplait Gogurt or Simply Gogurt
All Flavors
One 16 count - 2 oz. tubes (2 lb.)

For children 1-2 years of age, ONLY whole milk yogurt is allowed.

Dannon
Plain, Vanilla, and Strawberry
One 32 oz. (2 lb.) tub

NOT Allowed:
• Greek
• Organic
• Lactose Free
• “Light” yogurt or yogurt sweetened with artificial sweeteners or Stevia
• Mix-in ingredients such as granola, candy, cookies, honey, nuts, or similar ingredients
• Fruit fusion or added fruit
• Added fiber
• Smoothies or drinkable
• Individual cups or pouches
### EGGS
- 1 dozen carton  
  - Large white  

**NOT Allowed:**  
- Brown  
- Hard boiled  
- Organic  
- Specialty eggs such as cage free, grain fed hen, Eggland’s Best, omega 3, or low cholesterol

### CHEESE

**Least expensive brand available of any of the following at the time of purchase. 16 oz. package, domestic only. May purchase block, sliced, string or shredded.**

- Processed American  
- Colby  
- Monterey Jack  
- Swiss  
- Mozzarella  
- Colby/Monterey Jack Combination  

Low fat, low cholesterol, and low sodium cheese is allowed if available in the approved 16 oz. size.

**NOT Allowed:**  
- Cheese food, spread, product, or imitation  
- Cubes, sticks, crumbles, or cheese from a deli  
- Mixes other than Colby/Monterey Jack  
- No peppers or other added ingredients

### DRIED PEAS/BEANS/PEANUT BUTTER

**Each container = your choice of one of these two options.**

**Dried Peas or Beans**
- 16 oz. bag, any brand  

**NOT Allowed:**  
- Added flavorings  
- Organic

**Peanut Butter**  
- 16-18 oz. container, any brand. May be creamy, crunchy, chunky, or low sodium  

**NOT Allowed:**  
- Whipped  
- Spreads  
- Omega-3  
- Reduced Fat  
- Organic  
- Combinations with jelly, honey, etc.
100% Fruit Juices

- Select only the size(s) specified on the shopping list or benefit balance. Pictures may change. Selections may vary by store.

48 oz. Containers (for women only)
Select only the brands and flavors pictured.

11.5 oz. - 12 oz. Frozen (for women only)
Select only the brands and flavors pictured.

64 oz. Containers (for children ages 1 to 5 only)
Select only the brands and flavors pictured.

64 oz. Refrigerated Containers
100% Orange Juice only. May contain calcium.

NOT Allowed:
- Added sweeteners
- Fruit punch
- Fruit drink
- Drink aces
- Organic
- Teasers
- Gourmet
- Specialty Plus
FOR FULL BREASTFEEDING MOMS & WOMEN PREGNANT WITH OR BREASTFEEDING MULTIPLES

Canned Fish - Up to 30 oz.
Can size may be 5 oz., 6 oz., 7.5 oz., 12 oz., or 14.75 oz.
Tuna - Any brand, light tuna, chunk style packed in water.
Pink Salmon - Any brand pink salmon.

How to buy up to 30 ounces of fish:

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Purchase any combination that does not go over 30 ounces.

NOT Allowed:
- White, albacore or yellow fin tuna
- Tuna or salmon flavored varieties such as smoked, grilled, etc.
- Low-sodium
- Single serving
- Lunch packs/pouches
- Ready to serve

INFANTS

Dry Infant Cereal
8 oz. or 16 oz. container, Gerber or Beech-Nut.
- Barley
- Rice
- Whole Wheat
- Oatmeal
- Multigrain

NOT Allowed:
- Organic
- Fruit or other additives
- DHA
- Sensitive

Infant Fruits and Vegetables
Any 2nd stage fruits and vegetables, in these sizes and brands:

Beech-Nut Classics: 4 oz. Jars
Gerber: 4 oz. 2 Packs

You may select single fruit, single vegetable, fruit combination, vegetable combination or fruit and vegetable combination.

NOT Allowed:
- Pouches
- Toddler foods
- Desserts, dinners and casseroles
- Added sugars, starches, salt (sodium), DHA, or organic
- With meat, cereal, noodles, rice or yogurt

FOR INFANTS THAT FULLY BREASTFEED

Infant Meat
2.5 oz. container. Gerber or Beech-Nut plain meat with broth or gravy.

NOT Allowed:
- Meat sticks
- DHA
- Organic
The item is not Alabama WIC approved.

The item is WIC approved, but not in the Approved Product List (APL).

The WIC shopper has not been issued the WIC approved item.

The WIC shopper has the benefit, but does not have enough of the benefit available to make the purchase.

**FOLLOW WIC PROGRAM RULES:**

*Selling or offering to sell WIC foods or benefits, whether in person, in print, or online is a violation of the WIC program. Participating in these activities, or allowing someone else to do so on your behalf may result in disqualification from the WIC program and repayment of benefits. You may also be subject to civil or criminal prosecution under state and federal law.*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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