



# APPROVED FOODS

Effective October 2025 - September 2026

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

Download the FREE WIC Shopper App



ALABAMA  
PUBLIC  
HEALTH



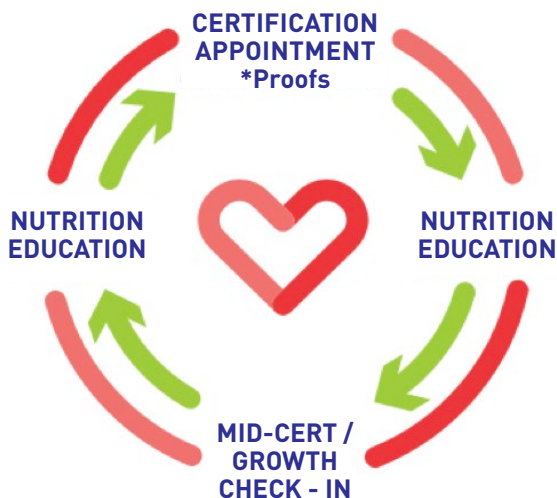
# GETTING STARTED WITH WIC

## Your Local Clinic Information:

Your Family ID: \_\_\_\_\_

## Appointments

| Date | Time | Who | Visit Type |
|------|------|-----|------------|
|      |      |     |            |
|      |      |     |            |
|      |      |     |            |
|      |      |     |            |
|      |      |     |            |
|      |      |     |            |



**CERTIFICATION:** Bring **Proofs\*** and person(s) being certified. \*Proof of ID, address, and income (or Medicaid/SNAP card). Full Assessment done once a year; eligibility and growth checked.

**MID-CERT/GROWTH CHECK-IN:** Bring person for checkup. WIC provider will check on growth and goals every 6 months.

**NUTRITION EDUCATION:** 2 options, online or in-person\*

- WICHEALTH.org
- In-person \*if designated by a WIC provider

Completed every 3 months to keep your benefits active.

# NUTRITION EDUCATION/SHOPPING



Online Nutrition Education – Choose from a variety of lesson topics when it's convenient for you.

To set up your account:

1. Go to wichealth.org.
2. If it's your first time visiting, Click "Sign Up", otherwise, Login.
3. Enter your info:

Preferred Language, State (Alabama),

Agency: \_\_\_\_\_

Clinic: \_\_\_\_\_

Family ID: \_\_\_\_\_

Complete account set up with Username/Password, Email, Security Question and "Register".



For **NUTRITION EDUCATION** visit:

Login --> To Start or Complete a Lesson, Click "Begin".

After the lesson, Click "Submit" to receive your certificate.

On or after your visit date, Call your Local Clinic, tell them you have completed your lesson and they can load more WIC benefits to the card.



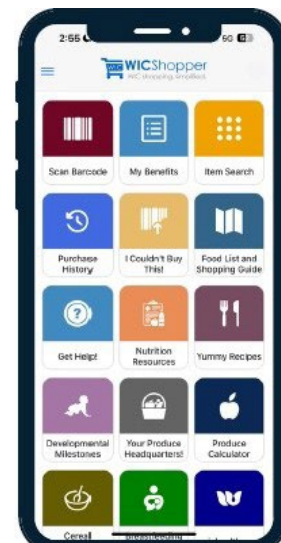
Download the WIC Shopper App.



iPhone



Android



- Select Alabama.
- Add your WIC card number.
- Check "My Benefits" to view your available/future WIC benefits.
- Use "Scan barcode" or "Item Search" to see if specific food items are approved for you to purchase.
- Find nearest WIC Office and WIC Stores.
- Access Purchase History, Nutrition and Breastfeeding Resources, Yummy Recipes, WICHealth, and more!

# FRUITS & VEGETABLES

## BUY: Fresh and Frozen FRUITS

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

### Examples:

- Bananas • Apples • Grapes • Pineapples
- Strawberries • Oranges • Blueberries • Cherries

## BUY: Fresh and Frozen VEGETABLES

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

### Examples:

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



## DO NOT BUY:

- Canned or dried fruits and vegetables
- Edible blossoms or flowers
- Dried 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
- Frozen with added oils, seasonings, sugars, sauces or breading
- Fruit baskets or party trays with dips or sauces
- Nuts including peanuts
- Fruit/nut/grain mixtures
- Frozen fruit pulp

# 100% JUICE

## BUY: 64 oz. or \*128 oz. Containers (Shelf Stable or Refrigerated)

Must be 100% juice and must have a minimum 72 mg. (80%) of vitamin C per 8 fl. oz. OR 120% vitamin C (when mg. are not listed on the label.)

**\*May only get 128 oz. gallon if balance has at least (2) 64 oz. containers.**

### May select brands like:

Welch's  
Juicy Juice  
Northland Cranberry  
Ocean Spray **100% Juice**  
(not 4% 5% 10%, 11%, 15%, 27% or 42%)

**Any Brand** of Juice if it is:

100% Juice and 72 mg. of Vitamin C

Orange, Grapefruit, Apple, Grape, Pineapple, Cranberry, Tomato or juice blends

Can substitute when requested at the clinic\*.

**\*Only when specified on the shopping list or benefit balance.**

One 64 oz. juice for

\$3 fruit and vegetable  
CVB (cash value benefit)



**\$3 more**



## DO NOT BUY:

- Juice cocktails
- Fruit drink
- Drink ades
- Diet juices
- Zero, light or less sugar
- Gourmet
- Organic

# CEREALS

**BUY:** Only the cereals listed.

Box pictures may change. Selections may vary by store. 8.9 oz. to 36 oz. boxes or bags only.

## Whole Grains Cereals:

NEW ITEM



Cheerios



Multi Grain Cheerios



Cheerios Veggie Blends Apple Strawberry



Cheerios Veggie Blends Blueberry Banana



Frosted Mini Wheats Original



Frosted Mini Wheats Blueberry Muffin



Frosted Mini Wheats Strawberry



Frosted Mini Wheats Cocoa



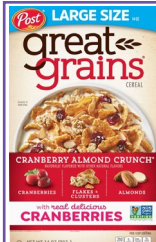
Frosted Mini Wheats Little Bites



Great Grains Banana Nut Crunch



Great Grains Crunchy Pecan



Great Grains Cranberry Almond Crunch



Great Grains Raisins, Dates & Pecans



Rice Chex



Corn Chex



Wheat Chex



Cinnamon Chex



Strawberry Vanilla Chex

# CEREALS



Honey Bunches of Oats With Almonds



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla



Honey Bunches of Oats Strawberries



Rice Krispies



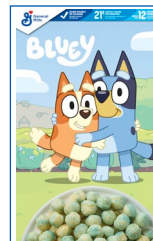
Corn Flakes



Kashi Honey Toasted



Kix



Bluey Cereal



Quaker Instant Original Grits



Quaker Instant Original Oatmeal

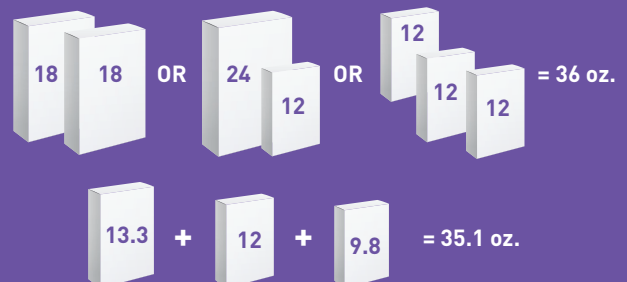


Strawberry Cream Mini Spooners



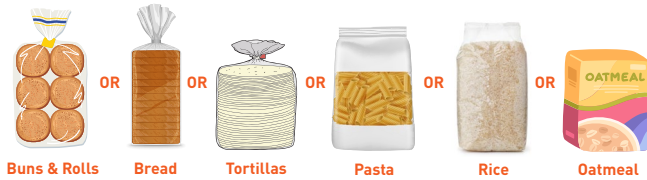
## SHOPPING TIPS

Use the WIC Shopper app's "Cereal Calculator" to help maximize your available WIC benefits. You may have extra ounces remaining, but here are a few ways to make the most of 36 oz.



# WHOLE GRAINS

**BUY:** Any combination of sizes and/or products that do not go over the ounces listed on your shopping list.



## NEW Amounts of Whole Grains are given each month!

Children age 1-4 years 24 ounces per month  
Women (all categories) 48 ounces per month

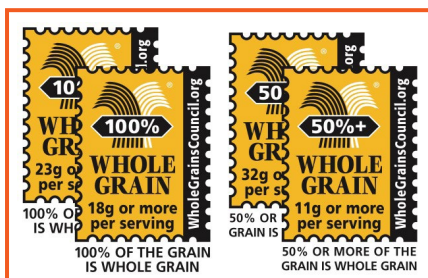
\*Benefits combine.  
(Ex. Woman and 1 child get 72 ounces per month.)



## SHOPPING TIP

Use the WIC Shopper app's "Whole Grains Calculator" to help maximize your available WIC benefits. You may have extra ounces remaining but one way to make the most out of your benefits is shown above.

Products with the 100% or 50% whole grain stamp labels automatically meet the requirements of the whole grain food group. These items should be approved.



# WHOLE GRAINS

## BREAD

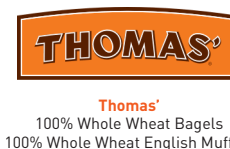
**BUY:** 12 oz. to 24 oz. packages. These brands and types. All 100% Whole Wheat and 100% Whole Grain Breads are **ALLOWED**.



**Nature's Own**  
100% Whole Wheat With Honey  
100% Whole Grain Sugar Free  
100% Whole Grain  
100% Whole Wheat  
100% Whole Wheat Hamburger Buns  
100% Whole Wheat Hot Dog Buns



**Pepperidge Farm**  
Whole Grain Thin Sliced 100% Whole Wheat  
Whole Grain 100% Whole Wheat  
Very Thin 100% Whole Wheat  
Farmhouse 100% Whole Wheat  
Light Style Soft Wheat  
Whole Grain 15 Grain  
Whole Grain Honey Wheat  
Thin Sliced Whole Grain 15 Grain



## DO NOT BUY

- Breads with added flavors, seasonings, fats, chopped nuts/fruit (ex. cinnamon, raisin, blueberry)
- Organic breads

# WHOLE GRAINS

## TORTILLAS

**BUY:** These brands and types. Any package size.  
Any tortilla size (street taco, taco, burrito, fajita)



**Best Choice**  
Whole Wheat Corn



**Celia's**  
Whole Grain Low Carb  
100% Whole Wheat  
White Corn / Yellow Corn



**Chi-Chi's**  
Whole Wheat Fajita Style  
White Corn



**Essential Everyday**  
Whole Wheat



**Fiesta Fit**  
Low Carb Whole Wheat Wraps



**Food Club**  
Whole Wheat



**Great Value**  
Whole Wheat  
White Corn



**Hola Nola**  
White Corn



**Laura Lynn**  
Whole Wheat  
White Corn



**La Banderita**  
Street Taco Corn  
White Corn  
Yellow Corn  
Corn  
Fajita Whole Wheat  
100% Whole Wheat Soft Taco



**Kroger**  
Whole Wheat  
White Corn  
Yellow Corn



**Mission**  
Carb Balance Whole Wheat  
Yellow Corn  
White Corn  
Whole Wheat  
100% Whole Wheat  
Extra Thin Corn  
Red Corn



**Market Pantry**  
Whole Wheat



**Mi Casa**  
100% Whole Wheat  
Yellow Corn



**Ortega**  
Whole Wheat



**Tio Santi**  
100% Whole Wheat

## DO NOT BUY:

- Flour Tortillas • Tostadas • Organic
- Spinach or Tomato Basil Wraps

# WHOLE GRAINS

## PASTA

**BUY:** Whole Wheat / Whole Grain Only.  
Any package size. Any Brand. Any Shape.



- DO NOT BUY:** • Organic • Egg Noodles
- Added seasonings, sugars, fats, oils or salt
  - Gluten free, veggie or brown rice pasta

## BROWN RICE

**BUY:** Any package size. Any Brand.  
Regular, Instant, or Boil in Bag.  
Quinoa allowed.



- DO NOT BUY:** • Organic • Seasoned
- White rice • Frozen • Gourmet blends

## OATMEAL

**BUY:** Any package size. Canisters, boxes, or bags.  
Quick-cooking, Rolled, Old-fashioned, steel-cut. Any Brand.



- DO NOT BUY:** • Organic
- Added sugars, fats, oils or salt
  - Added protein, flavors, chia or flax seeds
  - Instant oatmeal packets listed under cereals



## SHOPPING TIPS

Is oatmeal a cereal or whole grain? It's both!

\*Use **Cereal Benefits** to buy instant oatmeal in single-serving packets

\*Use **Whole Grain Benefits** to buy other types of oats in boxes, bags, or tubs.

# PROTEINS

## EGGS

**BUY** White, any grade or size, 6, 12 or 18 count cartons.

Cannot buy 18 count with a 1 dozen balance



**DO NOT BUY:** • Brown

• Hard boiled • Organic

• Specialty eggs: cage free, grain fed hen, omega 3 or low cholesterol

## CANNED OR DRY PEAS/BEANS OR PEANUT/NUT/SEED BUTTER

Each container = your choice of one of these three options.

### CANNED PEAS/BEANS

**BUY:** Any brand. 15-16 oz. cans of mature legumes, such as: Blackeye peas, Black, Pinto, Garbanzo, Red, Navy, White, Lima, Butter and Kidney Beans.



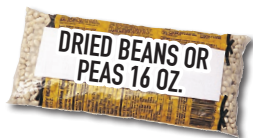
4 CANS OF PEAS/BEANS = 1 CONTAINER

**DO NOT BUY:** • Vegetables • Added seasonings, fats, meats, oils or sauces, • Organic • Examples: Green Beans, Sweet Peas, Baked Beans and Chili Beans

### DRY PEAS/BEANS

**BUY:** Any brand. 16 oz. bag

**DO NOT BUY:** • Added flavorings • Organic



### PEANUT, NUT, SEED BUTTER

**BUY:** May be creamy, crunchy, chunky, natural or low sodium/sugar.

Wowbutter brand only. (Soy)

Sunbutter brand only. (Sunflower)



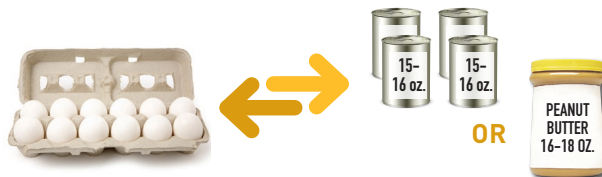
**DO NOT BUY:** • Whipped • Spreads • Omega 3 • Reduced Fat • Organic • Chocolate • Plant Protein • Combinations with jelly, honey, etc.

# PROTEINS

Can substitute when requested at the clinic\*.

**\*Only when specified on the shopping list or benefit balance.**

1 DOZEN Eggs for an additional 1 CONTAINER of Canned or Dry Peas/Beans or Peanut/Nut/Seed Butter



## CANNED FISH

**BUY:** Cans or foil pouches of fish

**Light Tuna or Pink Salmon** Packed in WATER

- Any brand, chunk style
- May contain added sauces and flavorings
- May include bones or skin
- May be low sodium

May combine fish types, packages and sizes



LIGHT TUNA



PINK SALMON



POUCHES

**DO NOT BUY:**

- Packed in OIL • Fresh or frozen fish
- White, albacore or yellow fin tuna
- Sockeye or red salmon
- Lunch packs, kits or tuna salad

## NEW! All Women and Children get Canned Fish!

|                                |                   |
|--------------------------------|-------------------|
| Children age 1- 4 years        | up to 6 oz./month |
| Pregnant and Postpartum        | up to 10 oz.      |
| Partially/Mostly Breastfeeding | up to 15 oz.      |
| Fully Breastfeeding            | up to 20 oz.      |

\*Benefits combine.

(Ex. Pregnant mom with 2 children get up to 22 oz.)



# MILK & MILK SUBSTITUTES

## COW'S MILK

### BUY:

- **1% Low-fat or Fat-free milk for all women and children over 2 years old** (includes Lactose-free)
- **Whole milk for 1-year-old children** (includes Lactose-free)
- Approved sizes: gallon, ½ gallon, and 96 oz. Lactose-free milk



Can substitute when requested at the clinic\*.

\*Only when specified on the shopping list or benefit balance

- **Evaporated milk** (Carnation or Pet brands only) – 12 oz. can
- **Dry milk powder** – 9.6 oz., 25.6 oz. or 39.5 oz. container
- **Ultra-high temperature milk** – 32 oz. container
- **Soy Milk or Plant-Based Milk Alternatives** – half gallon or 48 oz.

## SOY MILK OR PLANT-BASED MILK ALTERNATIVES

Allowed **ONLY** when specified on the shopping list:

- Silk Original, Better Goods, 8th Continent brands (half gallon)
- Ripple Kids Milk – original or unsweetened (48 oz.)



### DO NOT BUY:

- Chocolate Milk • 2% Milk • Buttermilk
- Organic • Sweetened Condensed
- Acidophilus-treated • DHA Omega-3

# MILK & MILK SUBSTITUTES

## CHEESE

### BUY:

**8 oz. or 16 oz. packages ONLY.**

Block, Sliced, Shredded or String in these types.

- Cheddar • Colby • Monterey Jack • Mozzarella
- Provolone • Muenster • Processed American
- Swiss • Any combination of the approved types

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



### DO NOT BUY:

- Cheese food, spread, product or imitation
- Cubes, sticks, crumbles or cheese from deli
- No peppers, cream cheese or other added ingredients

## TOFU

Can substitute when requested at the clinic\*.

\*Only when specified on the shopping list or benefit balance:

Azumaya and Nasoya brands  
- FIRM OR EXTRA FIRM only

**14 oz – 16 oz. packages only**

1 package = 1 quart milk

No more than 4 packages of tofu can be substituted for milk. Four packages is equivalent to 1 gallon.



### DO NOT BUY:

- Tofu with added fats, sugars, oils or sodium

# MILK & MILK SUBSTITUTES

## YOGURT

### BUY:

16 oz. or 32 oz. packages in tubs, cups, or tubes.  
Any Brand. Any Flavor. Greek Included.

**Choose only the type of yogurt that is approved for you.**

**Children 12 - 23 months** can purchase **WHOLE** or **Lowfat** yogurt.

**Women and Children 2 - 4 years** can purchase **Lowfat** or **Nonfat** yogurt.



16 oz. or  
32 oz. tub



4 oz. 4 pack (16 oz.) or  
4 oz. 8 pack (32 oz.) cups



2 oz. 8 pack (16 oz.) or  
2 oz. 16 pack (32 oz.) tubes

**May purchase 4 oz. 12 pack (48 oz.),  
4 oz. 16 pack (64 oz.), 2 oz. 24 pack (48 oz.) if  
benefit balance on shopping list allows.**

### DO NOT BUY:

- Individual cups or pouches
- Smoothies or drinkable yogurt
- "Light" yogurts made with artificial sweeteners
- Organic yogurts (except for Stoneyfield Organic Whole Milk)
- Added fruit, granola, candy, cookies, honey, nuts, or similar ingredients



**Be aware of NEW Yogurt Requirements  
COMING IN APRIL 2026.**



Approved yogurts must contain **16 grams or less of added sugar per 1 cup** (8 oz.) serving or equivalent\*.

- \*8 grams or less of added sugar per 4 oz. serving
- \*4 grams or less of added sugar per 2 oz. serving

**These changes will affect what yogurts you can purchase after April 2026.**

# INFANT FOODS

### BUY:

**8 oz. Dry Infant Cereal:** Gerber or Earth's Best Organic  
\*16 oz. ONLY if Fully Breastfed

- Rice • Whole Wheat • Oatmeal
- Multigrain • Gluten Free • Organic



### DO NOT BUY:

- Cereal with Fruit or other additives
- DHA • Probiotic • Cereal Puffs

### BUY: 1st or 2nd Stage Infant Fruits and Vegetables

Includes single fruit, single vegetable, fruit and vegetable combinations. Includes Classics, Naturals and Organics of the following brands:

Gerber, Beech-Nut, Parent's Choice, Happy Baby, Plum Organics, and Earth's Best

Following package sizes:

2 oz. 2 packs, 4 oz. 2 packs, 4 oz. jars, 3.5 oz. or 4 oz. pouches

Variety and sampler packs of these sizes are allowed.



### DO NOT BUY:

- Toddler foods • Prebiotics • Added Fiber
- Desserts, dinners, and casseroles
- Added spices, sugars, starches, or salt
- Added meats, grains, granola, oats, noodles, cereal, yogurt, or seeds

**Can substitute baby food for fruits and vegetables when requested at the clinic.**

64 oz. (half) for \$11  
128 oz. (all) for \$22



## FULLY BREASTFEEDING INFANTS OVER 6 MONTHS

### BUY:

2.5 oz. jars, Gerber or Beech-Nut plain meat with broth or gravy  
Variety and sampler packs allowed.



### DO NOT BUY:

- Meat sticks • Pouches with meats

# CHANGES / SUBSTITUTIONS

## Fruits & Vegetables and 100% Juice

- Fresh herbs and party trays without dips and sauces now approved.
- All participants receive 64 oz. juices. 48 oz. juices are not allowed.
- Decreased juice quantities
- **Substitutions can be requested at the clinic to sub:**



## Cereals

- Added 9 new cereals and more whole grain cereals

## Whole Grains

- Monthly amounts now 24 oz. for children and 48 oz. for women
- Smaller and larger package sizes allowed. (Ex. 12 oz. half loaf, 20 oz. and 24 oz. breads)
- Added Oatmeal as a Whole Grain option (canisters, bags, tubs)

## Proteins

- Added new plant based nut and seed butters.
- **Substitutions can be requested at the clinic to sub:**



- All women and children now get Canned Fish

## Milk and Milk Substitutes

- Decreased milk quantities
- Chocolate milk not allowed
- New options: Tofu and plant based milks
- **Substitutions can be requested at the clinic. (Cheese, Yogurt, Tofu, Soy milk, Plant based milk alternatives)**

## Infant Foods

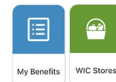
- New brands authorized
- New organic infant food options
- New 3.5 oz. or 4 oz. pouches allowed
- Decreased infant cereal. Decreased fruit/vegetables for breastfeeding infants 6 months and older
- **Substitutions can be requested at the clinic to sub:**



\*Cash Value Benefit to be redeemed for fresh or frozen produce

# WIC SHOPPER APP TIPS

## Shopping Tips and Scanning Products in WIC Shopper app:



- Review your shopping list from the WIC clinic or "My Benefits" section in the WIC Shopper app.
- Shop only at authorized WIC Stores.
- Not every food that is WIC approved is prescribed to you and loaded to your card.
- Scan the barcode to see if you have benefits to purchase the food.

**ALLOWED** means it is a WIC eligible item. But you need to see if you have that benefit assigned to you.

**NOT ENOUGH BENEFITS** means you have these benefits, but not enough remaining on your balance to purchase it.

**NO ELIGIBLE BENEFITS** means this is a WIC eligible product, but that item is not on your card to purchase.

**NOT A WIC ITEM** means this food hasn't been WIC approved. You can use the "I couldn't buy this!" feature if you feel it should be a WIC food.

FRESH Produce will give a **NOT A WIC ITEM** message.

Click the Scanning Produce? button. It will tell you that most fresh fruits and vegetables are WIC approved. If you get this message when scanning produce, take the item to the register. If it is not ringing up as WIC approved, please tell store management. This is something they will have to correct in their cash registers.

- Only WIC approved foods that are allowed and remaining on your balance will be deducted from the card.
- A midpoint transaction receipt should be provided to you by the cashier BEFORE you approve the transaction. Carefully review this receipt to make sure all WIC foods are included (especially produce). Do Not Approve if there are WIC foods missing from the receipt.
- **USE YOUR WIC CARD FIRST.** You will pay for non-WIC items with another form of payment.
- The cashier will give you a final receipt with your remaining benefits. Make sure you have the WIC card and receipt when you leave the store.
- Unused benefits will not carry over to the next month.
- You can view your remaining benefits and future benefits on the card in the "My Benefits" section of the WIC Shopper app.

# 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, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

(2)fax: (833) 256-1665 or (202) 690-7442; or

(3)email: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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**Alabama**  
Special Supplemental  
Nutrition Program  
for Women, Infants,  
and Children

[alabamapublichealth.gov/WIC](http://alabamapublichealth.gov/WIC)