



APPROVED FOODS

Effective October 2026

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

Download the **FREE WIC Shopper App**



GETTING STARTED WITH WIC

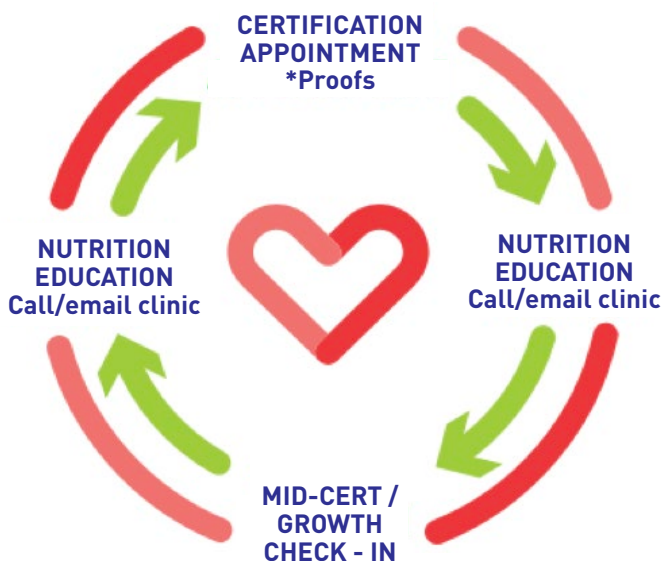
Your Local Clinic Information:

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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

Fresh produce may scan **“Not a WIC item”** in the Shopper app. Most are WIC approved. Attempt to purchase at the register.



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

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:



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 



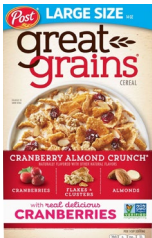
Frosted Mini Wheats Little Bites 



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



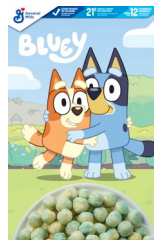
Corn Flakes



Kashi Honey Toasted



Kix



Bluey Cereal



Quaker Instant Original Grits



Quaker Instant Original Oatmeal

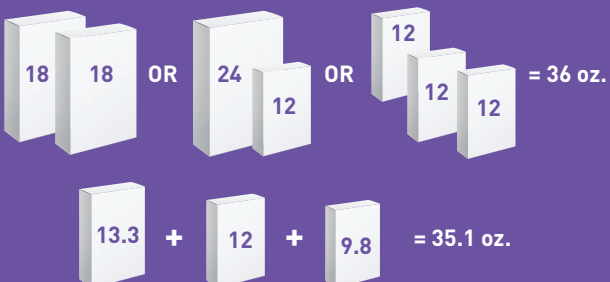


Strawberry Cream Mini Spooners



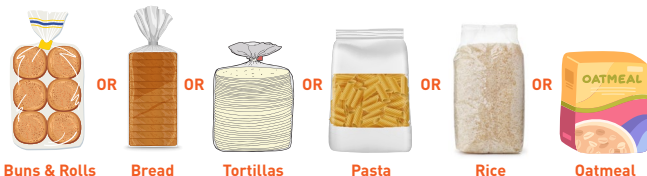
SHOPPING TIPS

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.



Amounts of Whole Grains given each month:

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

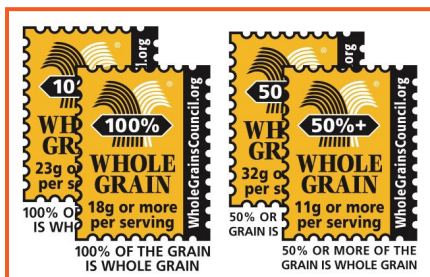
*Benefits combine.
(Ex. Woman and 1 child get 72 ounces per month.)



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**.



Bunny

100% Whole Wheat



Best Choice

100% Whole Wheat



Arnold

100% Whole Wheat
100% Whole Wheat Buns and Rolls
100% Whole Wheat Sandwich Thins
100% Whole Wheat Small Slice
Stone Ground 100% Whole Wheat



Great Value

100% Whole Wheat Hamburger Buns
100% Whole Wheat and Honey
100% Whole Wheat Round Top



Kroger

100% Whole Wheat
100% Whole Wheat Hamburger Buns
100% Whole Wheat Pre-Sliced Bagels
100% Whole Wheat English Muffins



Laura Lynn

100% Whole Wheat



Lewis

100% Whole Wheat
Half Loaf 100% Whole Wheat
Healthy Life 100% Whole Wheat



Market Pantry

100% Whole Wheat Sandwich



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



Private Selection

100% Whole Wheat
Sugar Free Whole Wheat Sliced



Publix

100% Whole Wheat



Sara Lee

100% Whole Wheat
Delightful Healthy Multi-Grain
Delightful Honey Whole Wheat
Delightful Soft and Smooth Wheat



SE Grocers

100% Whole Wheat



Thomas'

100% Whole Wheat Bagels
100% Whole Wheat English Muffins



Wonder

Small 100% Whole Wheat

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



MiCasa
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.



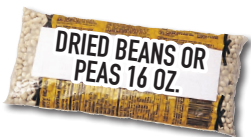
4 CANS OF PEAS/BEANS = 1 CONTAINER

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)



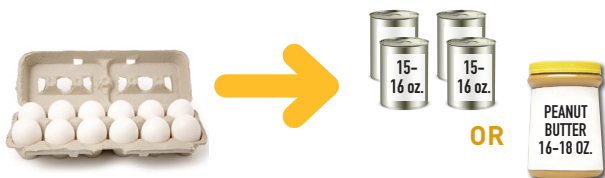
DO NOT BUY: • Whipped • Spreads • Omega 3 • Reduced Fat • Organic • Chocolate • Plant Protein • Combinations with jelly, honey, etc.

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

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, 1/2 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 and Unsweet, Better Goods (half gallon)
- Ripple and Ripple Kids – 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, Nasoya and House Foods brands
- FIRM, MEDIUM 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.
These brands, flavors and types.

**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.



Non-fat plain & vanilla
Lowfat plain & vanilla



Non-fat plain
Non-fat Greek plain & vanilla

bettergoods

Whole milk plain



Whole milk plain & vanilla



Whole milk Greek plain

Chobani

Non-fat Greek (plain, vanilla, strawberry & variety pack)
Lowfat Greek (20g Protein Vanilla) Whole milk Greek (plain & vanilla/cinnamon)



Non-fat Greek plain
Lowfat plain



Lowfat plain



Lowfat (various flavors)



Non-fat plain
Non-fat Greek plain
Lowfat plain & vanilla
Whole milk plain & vanilla



Lowfat (various flavors)



Non-fat plain
Non-fat Greek plain
Whole milk plain



Non-fat Greek (plain & vanilla)
2% Greek (plain and lactose free plain)
5% Greek plain



Non-fat plain
Non-fat Greek (plain and vanilla)



Non-fat Greek (plain, vanilla, & strawberry)
Whole milk Greek plain



Whole milk Greek plain



Whole milk plain

MILK & MILK SUBSTITUTES



Non-fat plain
Non-fat Greek plain



Non-fat Greek (plain & vanilla)
Lowfat plain
Whole milk plain



Lowfat plain & various flavors



Non-fat Greek (plain & vanilla)
Whole milk plain



Non-fat Greek (plain, vanilla bean, Triple Zero Plain, Triple Zero Vanilla)
Lowfat PRO (plain and vanilla)



Non-fat plain
Non-fat Greek plain



Non-fat Greek plain



Whole milk (plain, vanilla & strawberry)
Lowfat (various flavors)
Non-fat Greek plain



Non-fat plain
Lowfat (various flavors)
Simply GoGurt



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" or "Zero" yogurt made with artificial sweeteners
- Yogurts with greater than 16g of added sugar per 8 oz. cup
- Added fruit, granola, candy, cookies, honey, nuts, or similar ingredients

INFANT FOODS

BUY:

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

- Rice • Whole Wheat • Grits
- 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 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

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

This institution is an equal opportunity provider.



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

alabamapublichealth.gov/WIC