



# APPROVED FOODS

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

OCTOBER 1, 2023 - SEPTEMBER 30, 2024

DOWNLOAD THE FREE ALABAMA WIC APP



## 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

## 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



## ITEMS NOT ALLOWED:

- Canned 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
- Frozen with added oils, seasonings, sugars, sauces or breading
- Fruit baskets or party trays
- Nuts including peanuts
- Fruit/nut/grain mixtures
- Frozen fruit pulp

## 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. • 8.9 to 36 oz. boxes or bags only.

## Whole Grain Cereals ★



★ Kix, Kix Berry, Kix Honey



Rice Krispies



★ Frosted Mini Wheats Original, Strawberry, Blueberry



★ Frosted Mini Wheats Little Bites, Chocolate, Original



Rice Chex, Corn Chex



★ Cheerios, Multigrain Cheerios



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



★ Kashi Honey Toasted and Warm Cinnamon



Special K Original



Corn Flakes



★ Great Grains Banana Nut Crunch and Crunchy Pecan



★ Quaker Instant Oatmeal Original



Quaker Instant Grits Original or Family Size



★ Strawberry Cream Mini Spooners

## WHOLE WHEAT / WHOLE GRAIN BREADS

*Each 16 oz. = one of the following four options.*

16 oz. packages of the following whole wheat breads:



Arnold Hamburger & Hotdog Buns  
100% Whole Wheat



Sara Lee  
100% Whole Wheat



Nature's Own  
100% Whole Grain and 100% Whole Wheat With Honey



Wonder  
100% Whole Wheat



Lewis  
100% Whole Wheat



Bunny  
100% Whole Wheat



Kroger  
100% Whole Wheat

## WHOLE GRAIN TORTILLAS

16 oz. packages of whole wheat, white corn, yellow corn, or soft taco/fajita tortillas of the following brands:



## PASTA

100% Whole Wheat or Whole Grain Pasta

16 oz. packages only. Any brand, any shape.

**Not Allowed:**

- Organic
- Added Seasonings
- Sugars, Fats, Oils or Salt
- Egg Noodles
- Gluten free, veggie or brown rice pasta

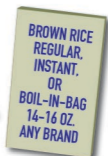


## BROWN RICE

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

**NOT Allowed:**

- Seasoned • Frozen
- Gourmet Blends
- White • Organic



## 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, half gallon or 96 oz. sizes.*

Approved only when specified on shopping list or benefit balance:

- Fat free or 1% Chocolate milk, 1 gallon or 1/2 gallons
- Evaporated (canned milk), 12 oz. can, Carnation and Pet brands only
- Dry milk (powdered), 9.6 oz. or 25.6 oz. container
- Ultra high temperature, 32 oz. container

**NOT Allowed:**

- Acidophilus Treated • Buttermilk • Condensed • Chocolate Drink
- Organic • Flavored Milk other than Chocolate • 2% Milk

## 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.



8th Continent Original or Vanilla  
1/2 Gallon



Silk Original  
1/2 Gallon (NO OTHER FLAVOR WIC APPROVED)

**NOT Allowed:**

- Chocolate • Organic • DHA Omega-3 • Fat Free • Light
- Quarts and twin packs

# YOGURT

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

**ANY BRAND, ANY FLAVOR, including Greek Yogurt**



32 oz. tub



4 oz. 4 pack (16 oz.)



4 oz. 8 pack (32 oz.)



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

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

Yogurt must contain less than 40 grams of total sugar per 1 cup (8 oz.) serving or the equivalent\*. (\*Less than 30 grams of total sugar per 6 oz., 20 grams per 4 oz., or 10 grams per 2 oz. serving)

## **NOT Allowed:**

- Organic • Whole Milk • Added fiber • Two Good
- Smoothies or drinkable • 5% or 10% milk fat
- Fruit fusion or added fruit • Individual cups or pouches
- "Light" yogurt or yogurt sweetened with artificial sweeteners or Stevia
- Mix-in ingredients such as granola, candy, cookies, honey, nuts, or similar ingredients • GoGurt Dairy Free • GoGurt Slushie

*For children 1-2 years of age,  
ONLY whole milk yogurt or whole milk quart allowed.*



Whole Milk  
Yogurt

ANY Brand  
Plain or Vanilla  
One 32 oz. tub  
Greek and organic  
not allowed.



Stonyfield  
Organic  
Whole Milk

All Flavors  
One 32 oz. tub  
Greek not allowed.

OR



1  
QUART

1 Quart (32 oz.) of whole milk  
if added to shopping list at the clinic.  
Least expensive brand at the time of purchase.

## EGGS

- White, any grade or size
- 6, 12, or \*18 count cartons
- \* *Cannot buy an 18 count with a 1 dozen balance*

### **NOT Allowed:**

- Brown • Hard boiled • Organic
- Specialty eggs: cage free, grain fed hen, omega 3, or low cholesterol



## CHEESE

*Least expensive brand available of any of the following at the time of purchase. 8 oz. or 16 oz. package, domestic only. May purchase block, sliced, string or shredded.*

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

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

### **NOT Allowed:**

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



## CANNED PEAS/BEANS, DRY PEAS/BEANS, PEANUT BUTTER

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

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



### **NOT Allowed:**

- Vegetables • Added seasonings, fats, meats, oils or sauces
- Organic Examples: Green Beans, Sweet Peas, Baked Beans and Chili Beans

**Dry Peas/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.



# JUICE

## 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. or \*96 oz. Containers (for women only)

Select only the brands and flavors pictured.

Must be 100% JUICE and Must have MINIMUM 72 mg (80%) of Vitamin C per 8 fl oz. OR 120% Vitamin C (when mg are not listed on the label).



JUICY JUICE  
All Flavors

\*One 96 oz. =  
Two 48 oz.  
containers



ANY BRAND

- Orange
- Grapefruit
- Apple
- Grape
- White Grape
- Pineapple
- Cranberry

### 11.5 oz. - 12 oz. Frozen (for women only)

Select only the brands and flavors pictured.



DOLE  
Pineapple Juice



SENECA  
Apple Juice



OLD ORCHARD  
All Flavors - Green Lid Only



ORANGE JUICE  
12 OZ.  
ANY BRAND  
(May Contain Calcium)

1 Frozen Can = 48 oz. Container

### 64 oz. or \*128 oz. Containers (for children ages 1 to 5 only)

Select only the brands and flavors pictured.

Must be 100% JUICE and Must have MINIMUM 72 mg (80%) of Vitamin C per 8 fl oz. OR 120% Vitamin C (when mg are not listed on the label).



WELCH'S  
Original Grape,  
Grape with Calcium,  
Grape with Fiber,  
White Grape,  
Red Grape,  
White Grape Cherry,  
White Grape Peach,  
Orange Pineapple Apple



JUICY JUICE  
All Flavors



NORTHLAND  
Cranberry  
and all  
Cranberry  
Blend Flavors



OCEAN SPRAY  
100% Juice  
Cranberry and all  
Cranberry blend  
flavors



ANY BRAND  
Orange,  
Grapefruit,  
Apple, Grape,  
White Grape,  
Pineapple,  
Cranberry

\*One 128 oz. = Two 64 oz. containers

### NOT Allowed:

- Fruit punch
- Fruit drink
- Drink ades
- Diet juices
- Organic
- Teasers
- Gourmet
- Juice cocktails
- Any Brand blended juices

### Refrigerated 64 oz. or 128 oz. Containers

100% Orange  
Juice only.  
Any Brand.  
May contain  
calcium.





# FOR FULLY BREASTFEEDING MOMS & WOMEN PREGNANT WITH OR BREASTFEEDING MULTIPLES

**Canned Fish** – Any size, can or foil pouch, up to a total of 30 oz.

**\*Light Tuna \*Pink Salmon** – Any brand, chunk style, packed in water  
May contain added sauces and flavorings. May include bones or skin.  
May be low sodium or regular.

*May combine fish types, packages and sizes*



LIGHT TUNA



PINK SALMON



POUCHES

**NOT Allowed:**

- Packed in oil
- White, albacore or yellow fin tuna
- Fresh or frozen fish
- Sockeye or Red Salmon
- Lunch packs, kits or tuna salad

## INFANTS

**Dry Infant Cereal**

8 oz. or 16 oz. container, Gerber or Beech-Nut.

- Rice
- Whole Wheat
- Oatmeal
- Multigrain

**NOT Allowed:**

- Organic
- Fruit or other additives
- DHA
- Sensitive



BEECH-NUT



GERBER

**Infant Fruits and Vegetables**

Any 1st and 2nd stage fruits and vegetables, in these sizes and brands:



**BEECH-NUT:**

4 oz. Jars

Nothing Artificial Added and Naturals

**GERBER:**

2 oz 2 packs

4 oz 2 packs

4 oz Jars, Naturals

You may select single fruit, single vegetable, fruit combination, vegetable combination or fruit and vegetable combination. **Variety and Sampler packs allowed.**

- 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.

**Variety and Sampler packs allowed.**

**NOT Allowed:**

- Meat sticks
- DHA
- Organic



BEECH-NUT



GERBER

## IF FOODS DON'T SCAN:

- 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, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation)<sup>1</sup>, 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)

*This institution is an equal opportunity provider.*

<sup>1</sup> *"The Alabama Department of Public Health makes no concessions as to the scope of the terms "sex" or "discrimination" as they appear in Title IX of the Education Amendments of 1972 and the Food and Nutrition Act or implementing regulations."*

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