

# New York State WIC Program



## Acceptable Foods List for Vegetables & Fruits Checks



January 2009

### Fresh Vegetables & Fruits

**ALLOWED:**

- Any variety of fresh vegetables and fruits except white potatoes\*  
(Note: Sweet potatoes and yams are allowed)
- Bagged salad mixtures, bagged vegetables

**NOT ALLOWED:**

- White potatoes\*
- Items from the salad bar, party trays, fruit baskets, decorative vegetables and fruits, dried fruit
- Nuts, including peanuts, fruit/nut mixtures
- Herbs, spices, salad dressing

### Canned Vegetables

**ALLOWED:**

- Any brand
- Any plain vegetable, plain vegetable mixtures (without potatoes)
- Any container type (metal, plastic, glass)
- Any size
- Regular, low sodium

**NOT ALLOWED:**

- White potatoes\*, sweet potatoes, yams, sauerkraut
- Pickled or creamed vegetables (including corn)
- Baked beans, pork and beans, black beans, blackeye peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, other mature legumes
- Soups, ketchup, relishes, olives
- Products with added fats, oils, condiments

### Frozen Vegetables

**ALLOWED:**

- Any brand
- Any plain vegetable, plain vegetable mixtures (without white potatoes\*)
- Any package type (bag, box)
- Any size (except single-serving packages)
- With or without salt

**DO NOT CHOOSE CONTAINERS THAT SAY:**

- Cheese sauce; any other type of sauce
- Seasoned, flavored, breaded

**NOT ALLOWED:**

- White potatoes\*
- French fries, hash browns, tater tots, other shaped potatoes
- Vegetables with sauces
- Vegetables mixed with pasta, rice, or any other ingredient
- Single-serving packages



### Canned Tomato Products

**ALLOWED:**

- Any brand
- Metal cans only
- Any size
- Pastes, purees, whole, crushed tomatoes

**NOT ALLOWED:**

- Soups, salsa, sauces (pizza, spaghetti, or tomato), stewed tomatoes, diced tomatoes
- Added sugars, seasonings, fats, oils

### Canned Fruits

**ALLOWED:**

- Any brand packed in water or juice
- Any plain fruit, plain fruit mixtures (except fruit cocktails)
- Any container type (metal, plastic, glass)
- Any size (except single-serving packages)
- Applesauce – “No sugar added” or “unsweetened” varieties only
- Products with artificial sweeteners

**CHOOSE CONTAINERS THAT SAY:**

- “In its own juice”, “in pear juice from concentrate”, “in unsweetened pineapple juice”
- “Naturally sweet”
- “100% pure fruit and juice”, “100% natural”
- “No sugar added”, “unsweetened”

**NOT ALLOWED:**

- Fruit cocktails, cranberry sauce, pie filling
- Any syrup (heavy, light, “naturally light”, extra light, etc.)
- Added sugar (“lightly sweetened in fruit juice”, etc.), nectar
- Added salt, fat, oils
- Single-serving packages

### Frozen Fruits

**ALLOWED:**

- Any brand with no added sugar
- Any plain fruit, plain fruit mixtures
- Any package type (bag, box)
- Any size

**NOT ALLOWED:**

- Ingredients other than fruit (including sugar)
- Products packaged in tubs



# New York State WIC Program



## Guide for Buying Vegetables & Fruits




### Helpful Hints

The buying guide will help you get the most food with your vegetables and fruits checks.

This "Chart for Fresh Produce" can help you figure out the cost of an item priced by the pound.

If you choose fresh vegetables or fruits priced by the pound, complete the following steps:

- Place the item on the grocery scale 
- Round the weight up to the nearest pound or half pound
- Estimate the cost of the item based on the chart

Use the Shopping List at the bottom of this page to keep track of all your vegetable and fruit purchases (fresh, frozen and canned).



**REMEMBER**



Your vegetable and fruit purchase must be equal to or less than the value of your vegetables & fruits checks (for example, \$6.00, \$8.00, \$10.00).

### Chart for Fresh Produce

Price per pound	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

<b>Shopping List</b>																																																																															
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# NEW YORK STATE WIC PROGRAM ACCEPTABLE FOODS CARD

January 2009



## Good Source of Calcium, Protein, and Vitamin D

- **FLUID:** Pasteurized milk; purchase largest container available (gallons, half gallons, or quarts) or unit specified on the WIC check  
Nonfat (Fat Free or Skim)      1% Low Fat      Whole Milk  
Lactose Reduced                      100% Lactose Free
- **EVAPORATED/CANNED:** Fat free or whole (12-ounce cans only)
- **DRY/POWDERED:** Nonfat (25.6-ounce boxes only)
- **NOT ALLOWED:** Flavored, organic, or sweetened condensed milk; buttermilk or milk with added calcium

## Good Source of Protein and Calcium

- Pasteurized Process American, Monterey Jack, Mozzarella, Cheddar, Colby
- Purchase in blocks or slices from the dairy case marked with weight, type and cost. Reduced and low fat varieties are allowed. Deli cheese is only allowed for American cheese.
- **NOT ALLOWED:** Cheese foods, products or spreads; shredded, grated, cubed, string, or stick cheese; flavored, blended, imported or organic cheese; individually wrapped slices

## Good Source of Soy Protein 1 Pound (16 Ounces)

- **"Any Brand":** Calcium set tofu; refrigerated or shelf-stable including: Soy Boy (Organic Tofu Firm), Nasoya (Silken Tofu)
- **NOT ALLOWED:** Tofu with added fats, sugars, oils, sodium

## Good Source of Protein and Iron

- **Medium or Large:** White or brown
- **NOT ALLOWED:** Jumbo and extra large eggs; high-cost specialty eggs (including organic, reduced cholesterol, cage free/free range, Omega-3)

## Good Source of Iron, Fiber, B Vitamins, and Other Nutrients (All cereals may not be available statewide)

12-Ounce Packages or Larger - All cereals are whole grain unless marked with an \*

### COLD CEREALS

#### Store Brands

- **CORN FLAKES:**\*  
America's Choice, Best Yet, Flavorite, Food Club, Foodtown, Great Value, Hannaford, Hy-Top, IGA, Kemach, Krasdale, Parade, Pathmark, Price Chopper, Price Rite, Ralston, Red & White, Richfood, ShopRite, Shurfine, Stop & Shop, Taanug, Tops, Wegmans, Weis, White Rose, Western Beef
- **SHREDDED WHEAT:**  
**Frosted Shredded Wheat Cereals:** America's Choice, Foodtown, Price Chopper, Ralston  
**Frosted Shredded Wheat (Bite Size):** Best Yet, Flavorite, Food Club, Hannaford, IGA, Pathmark, Price Rite, Richfood, ShopRite, Shurfine, Stop & Shop, Tops
- **RICE CEREALS:**\*  
**Crisp Rice:** Best Yet, Food Club, Great Value, Price Rite, Shurfine  
**Crispy Rice:** Foodtown, Hannaford, Pathmark, Ralston, Stop & Shop, Tops, Weis  
**Scrunchy Crispy Rice:** ShopRite

#### Store Brands

- **OAT CEREALS:**  
**Toasted Oats:** Best Yet, Food Club, Great Value, Hannaford, Hy-Top, IGA, Kemach, Parade, Pathmark, Price Chopper, Price Rite, Red & White, Richfood, ShopRite, Shurfine, Taanug, Wegmans, White Rose, Rollin Oats  
**Tasteos:** Foodtown, IGA, Ralston  
**Oats & O's:** Stop & Shop, Tops

#### National Brands

- **GENERAL MILLS:** Cheerios (regular only), Kix (regular only)\*
- **KELLOGG'S:** Corn Flakes (regular only)\*  
Mini-Wheats Unfrosted (Bite Size), Frosted Mini-Wheats (Bite Size)
- **POST:** Grape-Nuts (regular only), Grape-Nuts Flakes  
Honey Bunches of Oats (with Vanilla Clusters)
- **QUAKER:** Life (regular only), Oatmeal Squares (A Hint of Brown Sugar)

### HOT CEREALS

#### Grits (Individual Serving Packets Only)\*

- **FLAVORITE:** Instant Grits (Original Flavor, Butter Flavor)
- **GREAT VALUE:** Instant Enriched Grits (Original Flavor, Butter Flavor)
- **QUAKER:** Instant Grits (Original, Butter Flavor)

#### Oatmeal (Bulk Packaging Only)

- **HOMESTAT FARM:** Maypo Oatmeal - Vermont Style

#### Hot Wheat Cereal (Bulk Packaging Only)

- **B&G FOODS:** Cream of Wheat Whole Grain (2 1/2 minute)  
Cream of Wheat (1, 2 1/2, 10 minute)\*
- **MALT-O-MEAL:** Original Hot Wheat Cereal\*
- **US MILLS:** Farina Creamy Hot Wheat Cereal (Original)\*

#### Infant Cereal (Bulk Packaging Only)\*

- **GERBER:** Cereal for Baby  
(8 and 16-ounce box; plain cereal without fruit or formula)
- **BEECH-NUT:** Cereal for Baby  
(8 and 16-ounce box; plain cereal without fruit or formula)

Combine 8 oz. infant cereal with 28 oz. hot wheat cereal to get the full benefit of your cereal check

#### ♥ REMINDER ♥

The infant cereals listed may be purchased for adults and children older than 12 months of age. Only the brand specified on the WIC check may be purchased for infants less than 12 months old.

## Good Source of Fiber and B Vitamins 16 or 32-Ounce Package

- **"Any Brand":** Plain brown rice in boxes or bags; may be instant, quick, or regular cooking

## Good Source of Fiber and B Vitamins 1 Pound (16 Ounces)

- **CHAIM'S:** Whole Wheat Bread, Whole Wheat Mini Rolls
- **PEPPERIDGE FARM:** Stone Ground 100% Whole Wheat Bread  
Very Thin Sliced Soft 100% Whole Wheat Bread  
Whole Grain Seeded Rye Bread  
Very Thin Sliced Whole Grain White Bread
- **STERN'S:** 100% Whole Wheat Bread, Whole Grain Bread
- **STOP & SHOP:** 100% Whole Wheat Bread (no salt added)
- **THOMAS':** Thomas' Mini Squares, Regal Bread (100% Whole Wheat)

### Helpful Hints!

Examples of ways to get your 36 ounces of cereal:

12 oz. + 12 oz. + 12 oz. = 36 oz.  
12 oz. + 24 oz. = 36 oz.  
13 oz. + 23 oz. = 36 oz.  
14 oz. + 22 oz. = 36 oz.  
15 oz. + 21 oz. = 36 oz.  
16 oz. + 20 oz. = 36 oz.  
17 oz. + 19 oz. = 36 oz.  
18 oz. + 18 oz. = 36 oz.



#### Unit Equivalents

16 ounces = 1 pound      8 ounces = 1/2 pound  
4 quarts = 1 gallon      2 quarts = 1/2 gallon

**Good Source of Vitamin C**  
(Grapefruit, orange, and pineapple juices are allowed with or without added calcium; any pulp content)

**48-Ounce Plastic Bottles**

- **GRAPEFRUIT:** "Any Brand"
- **ORANGE:** "Any Brand"
- **PINEAPPLE:** "Any Brand"
- **GRAPE (Purple & White):** ShopRite
- **JUICE BLENDS:**  
Apple & Eve: 100% Juice Cranberry Apple, 100% Juice Cranberry Raspberry, 100% Juice Naturally Cranberry
- **NOT ALLOWED:** Products that are not 100% juice (drinks, ades, nectar, beverages, Hi-C, cocktails, twisters, or coolers)

**64-Ounce Plastic Bottles**

- **GRAPEFRUIT:** "Any Brand"
- **ORANGE:** "Any Brand"
- **PINEAPPLE:** "Any Brand"
- **APPLE:** Flavorite, Food Club, Hy-Top, IGA, Lucky Leaf, Musselman's, Nestle (Juicy Juice), Old Orchard, Parade, Price Chopper (regular, plus calcium), Red & White, Tipton Grove, Wegmans (regular, with calcium)
- **GRAPE:**  
Purple & White: Hannaford, Nestle (Juicy Juice), Old Orchard, Richfood, Welch's  
Purple: Bay Mist, Krasdale, Parade, Price Rite, Red & White, Wegmans
- **JUICE BLENDS:**  
Nestle (Juicy Juice): "Any Flavor"  
Old Orchard: Apple Cranberry, Berry Blend  
Hannaford: Apple & Grape Juice Blend, Berry Blend, Cranberry Grape, Cranberry Raspberry  
Price Chopper: Totally Juice Berry Flavor, Totally Juice Grape Flavor  
Wegmans: Apple Grape, Berry, White Grape Cranberry, White Grape Peach
- **NOT ALLOWED:** Products that are not 100% juice (drinks, ades, nectar, beverages, Hi-C, cocktails, twisters, or coolers)

**64-Ounce Refrigerated Paper Cartons**

- **GRAPEFRUIT:** "Any Brand"
- **ORANGE:** "Any Brand"
- **PINEAPPLE:** "Any Brand"
- **NOT ALLOWED:** Products that are not 100% juice (drinks, ades, nectar, beverages, Hi-C, cocktails, twisters, or coolers)

**Good Source of Protein and Iron**  
**18-Ounce Jar**

- **"Any Brand":** Crunchy and smooth are allowed. Low fat varieties are allowed
- **NOT ALLOWED:** Peanut spread, freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; peanut butter with added vitamins and minerals

- Your WIC check lists the brand, size, and form (powder, concentrate, or ready to use) that you must buy.

**11.5-Ounce Cans (Shelf-Stable Concentrates)**

- **JUICE BLENDS:**  
Nestle: Juicy Juice: "Any Flavor"  
Welch's: 100% Juice Pourable Concentrates: "Any Flavor"
- **NOT ALLOWED:** Products that are not 100% juice (drinks, ades, nectar, beverages, Hi-C, cocktails, twisters, or coolers)



**11.5 – 12-Ounce Cans (Frozen Concentrates)**

- **GRAPEFRUIT:** "Any Brand"
- **ORANGE:** "Any Brand"
- **PINEAPPLE:** "Any Brand"
- **APPLE:** Flavorite, Great Value, Hannaford, Hy-Top, IGA, Old Orchard, Parade, Price Chopper, Price Rite, Richfood, Seneca, ShopRite, Shurfine, Sunrise Valley, Wegmans (regular, with calcium)
- **GRAPE:**  
Purple & White: Old Orchard, Welch's  
Purple: Great Value, Hannaford, Seneca, ShopRite
- **JUICE BLENDS:**  
Old Orchard: Apple Cherry, Apple Cranberry, Apple Raspberry, Cranberry, Cranberry Raspberry  
Welch's: White Grape Cranberry, White Grape Peach, White Grape Pear, White Grape Raspberry
- **NOT ALLOWED:** Products that are not 100% juice (drinks, ades, nectar, beverages, Hi-C, cocktails, twisters, or coolers)

**16-Ounce Cans (Frozen Concentrates)**

- **GRAPEFRUIT:** "Any Brand"
- **ORANGE:** "Any Brand"
- **PINEAPPLE:** "Any Brand"
- **NOT ALLOWED:** Products that are not 100% juice (drinks, ades, nectars, beverages, Hi-C, cocktails, twisters, or coolers)

**Good Source of Protein, Iron, and Fiber**  
**1 Pound (16 Ounces)**

- **"Any Brand" Dry:** Any variety of plain, mature dry beans, peas, or lentils
- **"Any Brand" Canned:** Any variety of plain, mature beans, peas, or lentils
- **NOT ALLOWED:** Green beans, green peas, snap beans, orange beans, wax beans; baked beans, pork and beans; canned beans containing added sugars, fats, meat, or oils

- Your WIC check lists the brand and amount of cereal you must buy.
- Plain varieties only: rice, oatmeal, barley, or mixed
- 8 and 16-ounce containers are allowed
- **NOT ALLOWED:** Organic, extra ingredients such as DHA, fruit, formula, or added protein

**Good Source of Vitamins and Zinc**

- **BEECH-NUT 4-Ounce Containers:**  
Stage 2: Vegetables: "Single Vegetable" varieties only; Butternut Squash, Tender Golden Sweet Potatoes, Tender Sweet Carrots, Tender Sweet Peas, Tender Young Green Beans  
Stage 2: Fruits: "Single Fruit" varieties only; Applesauce, Chiquita Bananas, Peaches, Pears
- **NOT ALLOWED:** Any other varieties of Beech-Nut baby food (including organic, with DHA); no guava, mango, papaya

- **GERBER 4-Ounce Containers:**  
2nd Foods: Vegetables: "Single Vegetable" varieties only; Carrots, Green Beans, Peas, Squash, Sweet Potatoes  
2nd Foods: Fruits: "Single Fruit" varieties only; Applesauce, Bananas, Pears
- **NOT ALLOWED:** Any other varieties of Gerber baby food (including organic, with DHA); no guava, mango, papaya

♥ **Breastfeeding is Baby's Best Start** ♥

Baby food (meat) is only allowed for fully-breastfed infants who are over six months old.  
Canned fish is only allowed for women who are fully breastfeeding.



**Good Source of Iron and Zinc**

- **BEECH-NUT 2.5-Ounce Containers:**  
Stage 1: Beef & Beef Broth, Chicken & Chicken Broth, Turkey & Turkey Broth
- **GERBER 2.5-Ounce Containers:**  
2nd Foods: Beef & Beef Gravy, Chicken & Chicken Gravy, Ham & Ham Gravy, Lamb & Lamb Gravy, Turkey & Turkey Gravy, Veal & Veal Gravy

**Good Source of Protein**

- **LIGHT TUNA:** "Any Brand" (5 and 6-ounce cans)
- **PINK SALMON:** "Any Brand" (5, 6, and 7.5-ounce cans)
- **SARDINES:** "Any Brand" (3.75-ounce cans)
- May be packed in water or oil
- May contain bones and skin
- **NOT ALLOWED:** Albacore tuna, blueback salmon, red salmon; flavored; with added ingredients; pouches, individual serving containers