

FOOD SHOPPING GUIDE



Effective August 1, 2019 • Version 5



INFORMATION

- Take your receipt listing your remaining benefits with you, or print a benefit balance receipt at the store before shopping. This will help to know what is available to purchase.
- Before foods are scanned, let the cashier know that you will be using your WYO W.E.S.T. card.
- Your WIC foods **do not** need to be separated from the rest of your groceries.
- Store discount cards, coupons of any kind, or promotions are allowed and encouraged to be used with your WIC purchase.
- If an item you are trying to purchase with your WIC benefits does not scan as WIC approved, please provide the UPC and a description of the product to your local WIC clinic immediately or email pictures of the item to wdh-wywicvendor@wyo.gov.
- If you have problems at the grocery store, speak with the store manager to resolve the problem. If the manager is unavailable to resolve the problem, call your WIC clinic or contact the WIC State Agency customer service line at 1-888-WYO-WEST (1-888-996-9378).
- If your local WIC clinic is closed during their normal business hours and you need assistance, contact the WIC State Agency customer service line Monday - Friday.
- **NO SUBSTITUTIONS OR EXCHANGES ARE ALLOWED** - All WIC Purchases are final, unless the item(s) purchased is expired or damaged.

HELPFUL TECHNOLOGY

This food shopping guide can be found on WIC's webpage, <https://health.wyo.gov/publichealth/wic/foodlist/>. You can use your internet browser on your smart phone to download it or scan the QR code.



The Wyoming WIC Program offers the [WICShopper](#) app!



- ✓ **FREE** to download
- ✓ Allows you to register your card to see your benefit balance for the current month
- ✓ List of stores where you can shop in Wyoming
- ✓ Scan items to see if they are WIC approved
- ✓ View the Wyoming WIC Food Shopping Guide

If you need help with this app, please ask your local WIC clinic or call the WIC State Agency customer service line.



DAIRY

MILK

BUY:

- Any Brand
- Gallons, Half Gallons, Quarts
- Fresh Pasteurized Cows Milk
- Buttermilk
- Goat's Milk (canned, fresh, powdered)
- Lactose Free/Lactose Reduced
- Canned/Evaporated
- Dry/Powdered (must reconstitute to 8 quarts)
- UHT/Shelf Stable (only in quarts)

ONLY WHEN LISTED ON RECEIPT:

- Reduced Fat (2%)
- Lactose Free Reduced Fat (2%)

NOTE:

- Children 1 to 2 years are issued **WHOLE MILK**
- Children 2 to 5 years and Women are issued **LOW-FAT (1%) OR NONFAT**



DON'T BUY:

- Added Calcium, Protein, or Other Nutrients
- Almond, Cashew, Coconut, or Rice Based Beverage
- Flavored/Sweetened
- Organic
- Other Sizes
- Raw/Unpasteurized

SOY BEVERAGE

ONLY WHEN LISTED ON RECEIPT:

BUY:

- Quarts or Half-Gallons



Choose From the Following Brands & Flavors:

8th Continent - Refrigerated

Original

Vanilla

Great Value - Refrigerated

Plain

Pacific Natural - Shelf Stable

Ultra Soy Original

Ultra Soy Vanilla

Silk - Refrigerated

Original



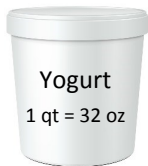
DON'T BUY:

- Almond/Cashew/Coconut Based Beverage
- Organic
- Other Brands/Flavors
- Rice Based Beverage

YOGURT

BUY:

- 32 Ounce Containers
- Any Flavor
- Greek or Regular



NOTE:

- Children 1 to 2 years are issued **WHOLE (Vitamin D) MILK YOGURT**
- Children 2 to 5 years and Women are issued **LOW-FAT (1%) OR NONFAT YOGURT (0%)**

Choose From the Following Brands:

- | | | | |
|----------------------|---------------|-----------------|------------------|
| • Best Choice | • Fage | • Lucerne | • Tillamook |
| • Brown Cow | • Food Club | • Mountain High | • The Greek Gods |
| • Chobani | • Great Value | • Oikos | • Two Good |
| • Dannon | • Kroger | • Open Nature | • Yoplait |
| • Darigold | • LaLa | • Our Family | • ZOI |
| • Essential Everyday | • Light + Fit | • Simple Truth | |

DON'T BUY:

- | | |
|--|-------------------------|
| • Drinkable | • Pouches/Tubes |
| • Mix-In Ingredients (granola, candy pieces, honey, or nuts) | • Reduced Fat 2% , 1.5% |
| • Multi-Packs | • Ultra Filtered Milk |
| • Organic | • Whipped |
| • Other Sizes | |



CHEESE

BUY:

- 8 & 16 Ounce Packages
- Any Brand of Domestic Cheese
- Regular/Reduced-Fat
- Block
- String Cheese (Mozzarella)
- Shredded
- Sliced



Choose From the Following Types:

- Cheddar (all varieties)
- Cheddar-Jack
- Colby
- Colby-Jack
- Deluxe American Cheese Slices (not individually wrapped or block)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

NOTE:

Blends of two or more of the types of cheese listed above are allowed.

For example, Shredded Mozzarella, Provolone, & Cheddar.

DON'T BUY:

- Added Ingredients (e.g., Pepper Jack)
- Bulk
- Cheese & Cracker Packs
- Cheese Food Products/Spreads
- Crumbles/Cubes/Curds
- Deli/Gourmet
- Individually Wrapped Sliced Cheese
- Imported Cheese
- Organic
- Other Blends/Types/Sizes

PROTEIN

BEANS & PEAS

BUY:

- 1 or 2 Pound (16 or 32 oz) Bag Dried Beans
- 15 to 16 Ounce Canned Beans
- Any Brand
- Any Single Variety:
 - * Beans
 - * Fat-Free Refried Beans
 - * Lentils
 - * Peas (No Sweet)
- Regular/Low Sodium



NOTE:

If your receipt shows that you have 2 jarbag of "Beans/Peas/Peanut Butter" and you purchase 1 jar of peanut butter and 1 can of beans, your new ending balance would be .75 jarbag.

DON'T BUY:

- Added Fat/Oil/Sugar
- Added Seasoning
- Baked Beans
- Beans with Meat
- Bulk
- Canned Sweet Peas
- Chili
- Green Beans
- Mixed
- Organic
- Other Sizes
- Snap Green
- Soup/Soup Mixes
- Wax/Yellow



helpful tip

Different ways to buy Beans/Peas/Peanut Butter

One item equals:



1 package
dry beans

OR



4 cans of beans
(1 can = .25 units)

OR



1 jar peanut
butter

PEANUT BUTTER

BUY:

- 16 to 18 ounce jars
- Any Brand
- Chunky/Creamy/
Crunchy/Extra Crunchy
- Natural
- Reduced Fat
- Reduced Salt
- Reduced Sugar



DON'T BUY:

- Added Honey/Jelly/
Marshmallow
- Organic
- Other Nut Butters
- Other Sizes
- Spreads
- Squeeze Bottles
- Whipped

EGGS

BUY:

- 1 Dozen
- Any Brand
- Brown or White
- Cage Free
- Chicken
- Fresh
- Grade A or AA
- Medium, Large , Extra Large, and Jumbo
- Omega 3



DON'T BUY:

- Egg Substitutes
- Free Range
- Hard Boiled
- Organic
- Other Counts
- Pasture Raised
- Specialty Eggs



RECIPE **French Toast**

- 1 egg
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/4 cup milk
- 4 slices whole wheat bread

In a bowl beat egg, vanilla, cinnamon, and milk. Dip bread into the egg mixture and coat each side. Cook bread in a skillet or griddle on medium heat, until golden brown.



WHOLE GRAINS

WHOLE WHEAT BREAD

BUY:

- 100% Whole Wheat
- 16, 20, or 24 Ounce Packages
- Any Brand

Women can get 16 ounce packages
Children can get 16, 20, and 24 ounce packages



NOTE:

- *“100% Whole Wheat Bread” must be specified on the package*
- *First ingredient must be “Whole Wheat Flour”*



TIP:

Serve your little ones whole grain versions of their favorite bread, tortilla, or pasta. It's a simple way to help them eat more whole grains.

-<https://www.fns.usda.gov/core-nutrition/whole-grains>

DON'T BUY:

- Bleached/Enriched Wheat Flour
- Deli/Bakery Bread
- Hamburger/Hot Dog Buns
- Light
- Organic
- Other Flavors
- Other Sizes
- Rolls

WHOLE WHEAT PASTA

BUY:

- 16 Ounce Packages
- Any Brand
- Any Shape



DON'T BUY:

- Added Fat/Oil
- Added Salt/Sugars
- Organic
- Vegetable Pasta

Choose From the Following Brands:

- Barilla
- Best Choice
- Essential Everyday
- Food Club
- Great Value
- Hodgson Mill
- Kroger
- Our Family
- Ronzoni

NOTE:

“Whole Wheat Flour” or “Durum Whole Wheat Flour” must be the only flour in the ingredient list.



BROWN RICE

BUY:

- 14 Ounce Box (Instant/Boil-In-Bag)
- 16 or 32 Ounce Bag (Regular/Quick Cooking)
- Any Brand
- Long/Short Grain
- Pre-Cooked/Parboiled



Women can get 14 and 16 ounce packages
Children can get 14, 16, and 32 ounce packages

DON'T BUY:

- Added Seasonings
- Dinners
- Individual Packets
- Mixes
- Organic
- Other Sizes
- Ready to Serve
- White/Red
- Wild (Black)



TIP:

Be ready to make quick and easy meals. Cook brown rice and store, tightly covered, in the refrigerator for up to 5 days, or in the freezer for up to 6 months.

-Nutrition Matters, Inc. WIC107R1

WHOLE WHEAT TORTILLAS

BUY:

- 16 Ounce Packages



Choose From the Following Brands:

- Best Choice 100% Whole Wheat Soft Taco
- Chi-Chi's Whole Wheat Fajita Style
- Don Pancho Whole Wheat Soft Taco
- Essential Everyday 100% Whole Wheat
- Food Club Whole Wheat Fajita Style
- Guerrero 100% Whole Wheat Soft Taco
- Kroger 100% Whole Wheat Soft Taco
- La Banderita 100% Whole Wheat Fajita
- La Favorita Whole Wheat
- Mission 100% Whole Wheat Fajita Style
- Mission 100% Whole Wheat Soft Taco
- Ortega Whole Wheat
- Our Family Whole Wheat Fajita Style
- Our Family Whole Wheat Flour Soft Taco
- Signature Select 100% Whole Wheat Soft Taco

DON'T BUY:

- Other Brands/Flavors
- Other Sizes
- Organic
- Refrigerated
- Taco Shells
- Tostada Shells
- White Flour
- Wraps



CORN TORTILLAS

BUY:

- 8 or 16 Ounce Packages
- Soft
- White/Yellow



Choose From the Following Brands:

- Best Choice Corn, 16oz
- Don Pancho White Corn, 16oz
- Essential Everyday White Corn, 16oz
- Guerrero White Corn, 16oz
- Herdez White Corn, 16oz
- IGA White Corn, 16oz
- Kroger Yellow Corn Gluten Free, 16oz
- La Banderita Corn, 16oz
- La Burrita Corn, 16oz
- La Favorita Corn, 8oz
- Mission Extra Thin Yellow Corn, 16oz
- Our Family White Corn, 16oz
- Our Family Yellow Corn, 16oz



DON'T BUY:

- Organic
- Other Sizes
- Taco Shells
- Tostada Shells

BREAKFAST CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

OATMEAL

BUY:

- 11.8 or 12 Ounce Box
- Individual Packets
- Original/Regular Flavor

DON'T BUY:

- Organic
- Other Brands
- Other Flavors
- Other Sizes

Choose From the Following Brands:

- Best Choice (WG)
- Essential Everyday (WG)
- Food Club (WG)
- Great Value (WG)
- IGA (WG)
- Kroger (WG)
- Our Family (WG)
- Quaker (WG)
- Signature Kitchens (WG)



TIP:

Choose whole grain cereals to increase your fiber intake.

Whole grains are good for your heart and digestion, and can help you maintain a healthy weight and good overall health.

[-https://www.fns.usda.gov/core-nutrition/whole-grains](https://www.fns.usda.gov/core-nutrition/whole-grains)

HOT CEREAL

BUY:

- 9 to 36 Ounce Packages



DON'T BUY:

- Other Brands
- Other Flavors/Types
- Other Sizes
- Organic

Choose From the Following Brands and Types:

B&G FOODS

- Cream of Wheat
 - 1 Minute
 - 2 ½ Minute
 - Instant
 - Whole Grain (WG)
- Cream of Rice Instant (GF)

ESSENTIAL EVERYDAY

- Creamy Wheat

FOOD CLUB

- Creamy Wheat

MALT-O-MEAL

- Chocolate Hot Wheat
- CO CO Wheats
- Original Hot Wheat



TIP:

Healthy Whole Grain Breakfast Ideas:

- One cup of whole wheat cereal flakes (1 ounce) with fat free or low fat milk
- ½ cup cooked oatmeal (1 ounce) topped with a favorite fruit and a little sugar or honey
- One regular slice of whole grain toast (1 ounce) with a slice of low fat cheese

[-https://fns-prod.azureedge.net/sites/default/files/WholeGrainsTipAdviceGuidance.pdf](https://fns-prod.azureedge.net/sites/default/files/WholeGrainsTipAdviceGuidance.pdf)

COLD CEREAL

BUY:

- 9 to 36 Ounce Packages

DON'T BUY:

- Organic
- Other Brands
- Other Flavors
- Other Sizes

Choose From the Following Brands & Types:

ALWAYS SAVE

- Corn Flakes



BEST CHOICE

- Bran Flakes (WG)
- Corn Crisps
- Corn Flakes
- Crisp Rice
- Crispy Corn & Rice
- Frosted Shredded Wheat Bite Size (WG)
- Frosted Shredded Wheat Maple & Brown Sugar (WG)
- Frosted Shredded Wheat Strawberry (WG)
- Happy O's (WG)
- Rice Crisps Squares (GF)
- Wheat Crisps (WG)
- Wheat Flakes (WG)

ESSENTIAL EVERYDAY

- Corn Flakes
- Crisp Rice
- Crispy Hexagons
- Crunchy Corn Squares (GF)
- Crunchy Rice Squares (GF)
- Crunchy Wheat Squares (WG)
- Frosted Shredded Wheat Bite Size (WG)
- Frosted Shredded Wheat Strawberry (WG)
- Honey Oats & Flakes
- Nutty Nuggets (WG)
- Toasted Oats (WG)
- Wheat & Bran Flakes (WG)

FOOD CLUB

- Bran Flakes (WG)
- Corn Flakes
- Corn Squares (GF)
- Crisp Rice
- Frosted Shredded Wheat Bite Size (WG)
- Frosted Shredded Wheat (WG)
- Honey and Oats w/Honey and Oat Clusters
- Honey and Oats w/Almonds
- Oatmeal Squares (WG)
- Rice Squares (GF)
- Toasted Oats
- Twin Grain Crisp (GF)
- Wheat Squares (WG)

GENERAL MILLS

- Cheerios-Original (WG)(GF)
- Cheerios-Multi Grain (WG)(GF)
- Chex-Blueberry (GF)
- Chex-Cinnamon (GF)
- Chex-Corn (GF)
- Chex-Rice (GF)
- Chex-Vanilla (GF)
- Chex-Wheat (WG)
- Fiber One Honey Clusters (WG)
- Kix (WG)
- Kix-Berry (WG)
- Kix-Honey (WG)
- Total Whole Grain (WG)
- Wheaties (WG)

COLD CEREAL

Choose From the Following Brands and Types:

GREAT VALUE

- Bran Flakes (WG)
- Corn Flakes
- Frosted Shredded Wheat (WG)
- Frosted Shredded Wheat Bite Size (WG)
- Rice Crispers
- Rice Squares (GF)
- Toasted Oats (WG)



IGA

- Bran Flakes (WG)
- Crispy Corn & Rice
- Crispy Rice
- Corn Flakes
- Corn Squares
- Frosted Shredded Wheat Bite Size (WG)
- Honey Oats and Flakes
- Nutty Nuggets (WG)
- Rice Squares
- Toasted Oats (WG)

KELLOGG'S

- All Bran Complete Wheat Flakes (WG)
- Corn Flakes
- Crispix
- Frosted Mini Wheats (WG)
- Frosted Mini Wheats Touch of Fruit Raspberry (WG)
- Rice Krispies
- Special K
- Special K Honey Almond Ancient Grain (WG)
- Special K Touch of Cinnamon (WG)
- Strawberry Mini Wheats (WG)
- Blueberry Mini Wheats (WG)

KROGER

- Crisp Rice
- Corn Flakes
- Frosted Shredded Wheat Strawberry Cream (WG)
- Living Well (WG)
- Nutty Nuggets (WG)
- Oat Squares (WG)
- Rice Bitz
- Toasted Oats (WG)

OUR FAMILY

- Bran Flakes (WG)
- Corn Biscuits
- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Crisp Rice Squares (GF)
- Frosted Shredded Wheat (WG)
- Toasted Oats (WG)

POST

- Grape Nuts Original (WG)
- Grape Nuts Flakes (WG)
- Great Grains Banana Nut Crunch (WG)
- Honey Bunches of Oats:
 - Almond
 - Cinnamon Bunches
 - Honey Roasted
 - Vanilla (WG)

QUAKER

- Life (WG)
- Life-Strawberry (WG)
- Life-Vanilla (WG)
- Oatmeal Squares:
 - Cinnamon (WG)
 - Golden Maple (WG)
 - Hint of Brown Sugar (WG)
 - Honey Nut (WG)

MALT-O-MEAL

- Crispy Rice (GF)
- Frosted Mini Spooners (WG)
- Frosted Mini Spooners Strawberry (WG)



COLD CEREAL

RALSTON

- Corn Biscuits (GF)
- Corn Flakes
- Crispy Hexagons (GF)
- Frosted Shredded Wheat (WG)
- Rice Biscuits (GF)
- Tasteeos (WG)
- Wheat Bran Flakes (WG)

SHOPPER'S VALUE

- Corn Flakes

SIGNATURE SELECT

- Bran Flakes (WG)
- Corn Flakes
- Corn Pockets

- Crispy Rice
- Frosted Shredded Wheat Bite Size (WG)
- Nutty Nuggets (WG)
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets
- Toasted Oats (WG)

THAT'S SMART

- Crisp Rice



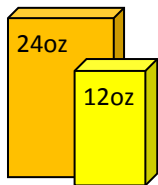
RECIPE **Fruit Parfait**



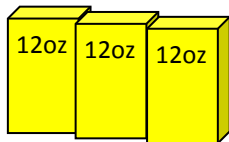
- 2 cups fruit, diced
- 1 cup cereal
- 2 cups yogurt
- Place 1/4 of the diced fruit at the bottom of each bowl.
- Cover fruit with 1/2 cup yogurt.
- Top with 1/4 cup cereal.

Serves: 4

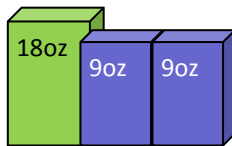
WAYS TO BUY UP TO 36 OUNCES OF CEREAL



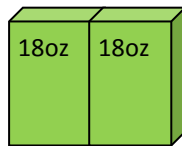
= 36 ounces



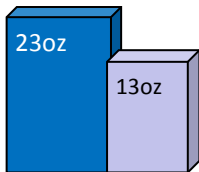
= 36 ounces



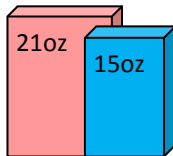
= 36 ounces



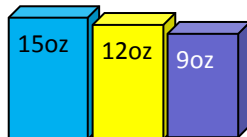
= 36 ounces



= 36 ounces



= 36 ounces



= 36 ounces

FRUITS & VEGETABLES



- Buy produce in season for the best price and flavor.
- Frozen Fruits & Vegetables are often less expensive than fresh fruits and vegetables when they are not in season.
- You are allowed to purchase organic, but typically organic costs more and you may not get as much for your money.
- If the cost of your fruits & vegetables is more than the dollar amount on your card, you may put something back or pay the difference with another form of payment (SNAP, cash, or debit/credit card).
- Please let a store manager know, before your WIC purchase is done, if you are not able to purchase fruits or vegetables with your WIC benefits. The item may not be set up correctly in the grocery store system.
 - If you have a smart phone, take a picture of the product and the UPC and email it to wdh-wywicvendor@wyo.gov.

FRESH or FROZEN FRUITS & VEGETABLES

BUY:

- Any Brand
- Any Package Type or Size
- Any Variety Fresh/Frozen Fruits & Vegetables
- Cut or Whole
- Fruit & Vegetable Mixtures
- Garlic, Ginger, Onions, Wheatgrass
- Salad Mixtures **Without** Dressing/Croutons/Nuts/Seeds
- Organic



DON'T BUY:

- Added Oils/Fats
- Added Sugar (including dextrose)/Artificial Sweeteners/Syrup
- Canned/Dried
- Decorative Fruits & Vegetables (Chili Peppers on a String, Garlic on a String, Edible Blossoms/Flowers, Gourds, or Painted Pumpkins)
- French Fries/Tater Tots
- Fruit or Vegetable Baskets
- Herbs/Spices (Basil, Cilantro, Dill, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage, Thyme, etc.)
- Ingredients Other Than Plain Fruits & Vegetables
- Packages with Butter/Cheese/Cream/Croutons/Dips/Dressing/Nuts/Sauces
- Salad Bar/Deli Items

100 % JUICE

CHILD'S JUICE

BUY:

- 64 Ounce
- Bottle/Carton/Plastic Jug
- Refrigerated
- Shelf Stable

DON'T BUY:

- Added Sugar
- Artificial Sweeteners
- Cocktail Juices/Juice Drinks
- Organic
- Other Brands/Flavors
- Other Sizes



64 OUNCE - REFRIGERATED JUICE

Orange and Orange with Calcium
(includes pulp, extra pulp, no pulp, etc.)

Choose From the Following Brands:

- | | |
|----------------------|----------------|
| ● Always Save | ● Hiland |
| ● Essential Everyday | ● Kroger |
| ● Food Club | ● Land O Lakes |
| ● Great Value | ● Our Family |



64 OUNCE - SHELF STABLE JUICE

Choose From the Following Brands & Flavors:

Always Save

Apple
Grape

Apple & Eve

Apple
Berry
Cranberry
Cranberry & More
Cranberry Apple
Cranberry Grape
Cranberry Pomegranate
Cranberry Raspberry
Punch
White Grape

Best Choice

Apple
Berry

Cherry
Grape
Grapefruit
Pineapple
Punch
Tomato
Vegetable

Campbell's

Tomato

Essential Everyday

Apple
Apple with Calcium
Cranberry
Grape
Grape Blend
Orange
Pineapple

Punch
Vegetable
White Grape
White Grapefruit

Food Club

Apple
Grape
Orange
Pineapple
Tomato
Vegetable
Vegetable-Spicy
White Grape

Freedom's Choice

Apple
Grape
Tomato

Great Value

Apple
Cranberry
Cranberry Grape
Cranberry Pomegranate
Grape
Orange
Pineapple
Tomato
Vegetable
Vegetable Low Sodium
White Grape
White Grape Peach

CHILD'S 100% JUICE

64 OUNCE - SHELF STABLE JUICE

Choose From the Following Brands & Flavors:

Hansen's Natural

Apple

IGA

Apple

Grape

Grapefruit

Pineapple

Vegetable

White Grape

Indian Summer

Apple

Juicy Juice

Apple

Apple Raspberry

Berry

Cherry

Fruit Punch

Grape

Kiwi Strawberry

Mango

Orange Tangerine

Peach Apple

Strawberry Banana

Strawberry Watermelon

Tropical

White Grape

Kroger

Apple

Apple Cider

Cranberry

Grape

Grapefruit

Pineapple

Vegetable

Vegetable-Spicy

White Grape

White Grape Peach

Langers

Apple

Apple Berry Cherry

Apple Cranberry

Apple Grape

Apple Harvest Plus

Apple Kiwi Strawberry

Apple Orange Pineapple

Apple Peach Mango

Berry Blend

Cranberry Plus

Cranberry Acai Plus

Cranberry Berry Plus

Cranberry Grape Plus

Cranberry Raspberry Plus

Fruit Punch

Grape Plus

Orange

Pineapple

Pineapple Orange

Red Grape

Ruby Red Grapefruit

Tomato

Vegetable-Spicy

Vegetable

White Grape

64 OUNCE - SHELF STABLE JUICE

Choose From the Following Brands & Flavors:

Mott's

Apple
Apple Cherry
Apple Cranberry
Apple Mango
Apple Pineapple
Apple Raspberry
Apple White Grape

Musselman's

Apple

Northland

Blueberry Blackberry Acai
Cranberry
Cranberry Blackberry
Cranberry Cherry
Cranberry Grape
Cranberry Mango

Cranberry Pomegranate
Cranberry Raspberry
Pomegranate Blueberry
Raspberry Blueberry

Ocean Spray

Cranberry
Cranberry Blackberry
Cranberry Cherry
Cranberry Elderberry
Cranberry Grape
Cranberry Mango
Cranberry Pineapple
Cranberry Pomegranate
Cranberry Raspberry
Cranberry Watermelon

Old Orchard

Apple
Apple Cranberry

Berry Blend
Black Cherry Cranberry
Blueberry Pomegranate
Grape
Kiwi Strawberry
Orange
Orange Tangerine
Peach Mango
Red Raspberry
Strawberry Watermelon
Tart Cherry
White Grape
Wild Cherry

Our Family

Apple
Apple Cider
Cranberry
Cranberry Grape

Cranberry Raspberry
Grape
Vegetable
White Grape

Ruby Kist

Apple
Grape
Grapefruit
Orange
Ruby Red Grapefruit
Vegetable
White Grape



CHILD'S 100% JUICE

64 OUNCE - SHELF STABLE JUICE

Choose From the Following Brands & Flavors:

Sam's Choice

Apple

Seneca

Apple

Signature Select

Apple

Apple with Calcium

Cranberry Blend

Cranberry Grape

Cranberry Raspberry

Grape

Grapefruit

Orange

Pineapple

Tomato

Vegetable

White Grape

That's Smart

Grape

Tree Top

Apple

Apple Berry

Apple Cranberry

Apple Grape

Orange Passionfruit

Pineapple Orange

V8

Vegetable

Vegetable-Spicy Hot

Welch's

Concord Grape

Grape

Grape with Calcium

Red Grape

White Grape

White Grape Cherry

White Grape Peach



Recipe Fruit Smoothie

- 1 fresh banana, peeled, and sliced
- 2 cups frozen berries
- 3/4 cup milk
- 1/2 cup plain or vanilla yogurt
- 1/2 cup orange juice

Combine all ingredients in a blender.

Blend until smooth.
Pour into cups to enjoy.

Serves: 3 to 4

WOMEN'S 100% JUICE

BUY:

- 11.5 to 12 Ounce Frozen & Non-Frozen Concentrate
- 48 Ounce Shelf Stable



DON'T BUY:

- Added Sugar/Artificial Sweeteners
- Cocktail Juices/Juice Drinks
- Organic
- Other Brands/Flavors
- Other Sizes

48 OUNCE - SHELF STABLE JUICE

Choose From the Following Brands & Flavors:

11.5oz Non-Frozen Concentrate:

FREEDOM'S CHOICE

Apple
Orange

WELCH'S

Apple
Grape
Tropical Orange Passion

48oz Bottle:

APPLE & EVE

Apple
Cranberry
Cranberry Apple
Cranberry Raspberry

FOOD CLUB

Apple

Orange
Orange Pineapple
Pineapple

FREEDOM'S CHOICE

Apple

JUICY JUICE

Apple

Cherry
Fruit Punch
Grape
Kiwi Strawberry
Orange Tangerine

MUSSELMAN'S

Apple

OUR FAMILY

Pineapple

RUBY KIST

Apple
Grape
Orange
White Grape

WOMEN'S 100% JUICE



11.5 TO 12 OUNCE (MAKES 48 OUNCES) - FROZEN

Choose From the Following Brands & Flavors:

Always Save

Apple
Orange

Best Choice

Apple
Orange
Orange with Calcium

Dole

Pineapple

Essential Everyday

Apple

Grape
Orange
Orange with Calcium

Food Club

Apple
Grape
Orange
Orange with Calcium

Freedom's Choice

Apple
Orange
Orange with Calcium

Great Value

Apple
Grape

Orange
Orange with Calcium

IGA

Apple
Orange
Orange with Calcium

Kroger

Apple
Grape
Grapefruit
Orange
Orange with Calcium
Pineapple

Minute Maid

Orange
Orange with Calcium

Old Orchard

Apple
Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Peach Mango
Apple Raspberry
Apple Strawberry Banana
Berry Blend
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Blend
Cranberry Raspberry
Grape
Orange
Orange with Calcium

11.5 TO 12 OUNCE (MAKES 48 OUNCES) - FROZEN

Choose From the Following Brands & Flavors:

Old Orchard

Pineapple
Pineapple Orange
White Grape

Our Family

Orange
Orange with Calcium

Seneca

Apple

ShurSaving

Orange

Signature Select

Apple
Orange
Orange with Calcium

Tropicana

Orange

NOTE: If you are not able to buy a certain juice with your WIC benefits, the product may not have enough Vitamin C or make the correct amount.



INFANT PRODUCTS

(for infants 6 to 11 months)

INFANT CEREAL

BUY:

- 8 or 16 Ounce Containers
- Dry
- Regular/Organic

Choose From the Following Brands & Types:

Beech-Nut

- Multigrain
- Oatmeal
- Rice

Comforts for Baby

- Oatmeal
- Rice

Earth's Best

- Multigrain
- Oatmeal
- Rice

Gerber

- Multigrain
- Oatmeal
- Oatmeal Millet Quinoa
- Rice
- Whole Wheat

Parent's Choice

- Oatmeal
- Rice

DON'T BUY:

- Added Formula/Fruit/Yogurt/Vegetable

- Cereal in Cans/Jars
- Other Brands
- Other Flavors

- Other Sizes
- Sensitive
- Single Serve Packets



INFANT FRUITS & VEGETABLES

BUY:

- Any Brand
- All Sizes
- Any Variety of Plain Fruits or Vegetables
- Combinations of:
 - Plain Fruits
 - Plain Vegetables
 - Plain Fruits & Vegetables
- Mixed Fruits and/or Vegetables
- Regular/Natural/Organic
- Stages Allowed:
 - First Foods
 - Second Foods
 - Third Foods (Crawler)
- Containers Allowed:
 - Glass
 - Multi-Packs
 - Plastic



DON'T BUY:

- Added Cereal/Granola
- Added Cheese/Meat/Noodles/Pasta/Quinoa/Rice/Yogurt
- Added Salt/Spice/Sugar/Sweetener
- Cobblers/Custards/Desserts/Dinners
- When juice is used as a flavor
- Medleys
- Pouches



Ways to buy 128 ounces of baby food

Any combination is possible.
Mix and match different sizes.

Size of the Jar/Pack	Amount to Buy
4 oz Jar	32 jars
2 pack of 2.5 oz (5 oz total) 4 oz Jar	24 packs + 2 jars
2 pack of 4 oz (8 oz total)	16 packs
6 oz Jar 4 oz Jar	20 jars + 2 jars

Any product line made by the brands listed below are allowed for Infant Fruits/Vegetables or Infant Meats:

- Beech-Nut
- Earth's Best
- Gerber
- Happy Baby
- O Organics
- Once Upon a Farm
- Parent's Choice
- Tippy Toes
- Wild Harvest



FORMULA

Only the brand, type, and size specified on the benefit balance receipt.

NO SUBSTITUTIONS OR EXCHANGES ALLOWED AT THE STORE

Call your local WIC clinic if your baby needs a different formula and return any unused/unopened cans.

EXCLUSIVELY BREASTFEEDING

Fully breastfeeding moms, pregnant women with multiples, and fully breastfed infants receive extra food benefits.



Breastfeeding has benefits for
both babies and parents!

INFANT MEATS

BUY:

- 2.5 Ounce Jars
- Any Brand
- Regular/Organic
- Single Meat with Broth or Gravy



DON'T BUY:

- Added Salt/Sugar
- Dinners/Food Combinations (e.g., Macaroni & Beef)
- Meat Sticks
- Added Noodles/Pasta/Quinoa/Rice

FISH

TUNA

BUY:

- 3, 5 or 6 Ounce Cans
- 2.5, 5 or 6 Ounce Pouches
- Any Brand
- Light/Chunk Style/Water-Packed



DON'T BUY:

- Albacore/White/Yellow Fin/ Other Specialty Tuna
- Flavored/Infusions/Seasoned
- Gourmet
- Lunch Kits
- Oil Packed
- Organic
- Other Sizes
- Solid White

SALMON

BUY:

- 3, 5 or 6 Ounce Cans
- 2.5, 5 or 6 Ounce Pouches
- Any Brand
- Pink/Water-Packed



DON'T BUY:

- Atlantic/Blueback/Coho/ Red/Sockeye/Other Specialty Salmon
- Flavored/Seasoned
- Gourmet
- Organic
- Other Sizes

Breastfeeding Your Way



Know the facts to help you decide: Formula has the basic ingredients for growing babies, but breastmilk has more than that! Breastmilk helps protect baby from allergies and reduces their chances of getting sick. Breastfeeding saves money, time and the environment! It's always ready and safe when your baby is hungry. Breastfeeding also reduces **your** own risk of chronic diseases, breast and ovarian cancers.

Learn more about breastfeeding to see if it's right for you: Ask WIC staff how milk is made and how to be successful from the start. Attend a breastfeeding class. Connect with a WIC breastfeeding peer counselor. Talk to friends and family that have breastfed their babies.

Set a goal and a plan to reach it: Each family is unique. WIC can help you meet **your** breastfeeding goals. Doctors recommend exclusively breastfeeding infants for 1 year or longer as mutually desired by mother and infant.* If you are returning to work or school, WIC can help you get the information and supplies you need to be successful with pumping.

**American Academy of Pediatrics*

WIC FRAUD OR ABUSE

Never sell, trade, or give away WIC foods. This is considered fraud.

Help put a stop to WIC Fraud. Please report any WIC participant or grocery store you suspect of buying or selling WIC EBT cards or WIC foods, by

- calling [1-888-996-9378](tel:1-888-996-9378),
- emailing wdh-wywicvendor@wyo.gov, or
- complete the Fraud & Abuse Reporting Form found on our website, <https://health.wyo.gov/publichealth/wic/report-wic-fraud/>.



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