

Alabama



Approved Foods

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



Nutritious. Healthy. Happy.



HEALTHY FOODS FOR A HEALTHY FUTURE

Effective October 1, 2015 through September 30, 2017

Shopping with WIC food instruments

To assure a successful shopping experience at the grocery store, it is important to follow the steps listed below.

BEFORE YOU SHOP

- Look at the “first day to use” printed on your food instruments. Be sure to take the right food instruments with you to the store. If you sign a food instrument before you give it to the cashier, the food instrument will not be accepted.
- Bring your WIC food instruments, WIC ID folder and this WIC Approved Foods brochure to the store.
- If another person listed on the WIC ID folder will be using the food instruments, be sure that person understands how to shop with WIC food instruments and that they may be asked for their ID.

AS YOU SHOP

- Select the right amount and package size of the WIC foods listed on your food instruments.
- Every store may not carry all WIC approved foods.
- Keep your WIC foods separate from the other items you are buying.

AT THE CHECK-OUT COUNTER

- Tell the cashier right away that you will be using WIC food instruments and provide the cashier with your ID folder.
- Place your WIC foods on the counter grouped by individual food instrument.
- Make sure the cashier fills in the correct dollar amount on each food instrument.
- Sign each food instrument in front of the cashier ***AFTER*** price is entered.

IF YOU HAVE A PROBLEM AT THE GROCERY STORE

- If you have a problem at the store, ask to talk with the store manager.
- If the issue cannot be resolved at the store, call your local WIC agency, or the State WIC Office at 1-888-942-4673 to discuss your concerns.



Fruits & Vegetables

Fresh Fruits

Any variety of fresh fruit, whole or cut. Organic allowed.

Examples:

- Bananas
- Apples
- Grapes
- Strawberries
- Oranges
- Blueberries

Fresh Vegetables

Any variety of fresh vegetables, whole or cut.

Organic allowed.

Examples:

- Carrots
- Sweet Potatoes
- Bagged Lettuce/
Salad Greens
without dressing
and/or croutons
- Broccoli
- White Potatoes
- Yams
- Cauliflower
- Collard Greens
- Lettuce



Items NOT ALLOWED:

- Canned, frozen, or dried fruits and vegetables
- Edible blossoms or flowers (broccoli, cauliflower, and artichokes are allowed)
- Herbs and spices
- Items for purchase on a salad bar
- Ornamental and decorative fruits and vegetables such as chili peppers on a string, gourds, painted pumpkins
- Bagged lettuce/salad greens with dressing and/or croutons
- Fruit baskets or party trays
- Nuts including peanuts
- Fruit/nut/grain mixtures

No organic foods are allowed on WIC except organic fresh fruits and vegetables.

Cereals

Select only the cereals pictured:
14 to 36 oz. boxes or bags only.

Buy any combination that does not go over 36 ounces.

EXAMPLES:

Here are some of the *possible* combinations that do not go over 36 ounces. There may be others!

$$14.5 \text{ oz.} + 18 \text{ oz.} = 32.5 \text{ oz.}$$

$$15.5 \text{ oz.} + 18 \text{ oz.} = 33.5 \text{ oz.}$$

$$16 \text{ oz.} + 18 \text{ oz.} = 34 \text{ oz.}$$

$$18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

$$36 \text{ oz.} = 36 \text{ oz.}$$

Whole Grain Cereals★



Cheerios★



Multi Grain Cheerios★



Corn Chex



Dora the Explorer



Kix★



Corn Flakes



Frosted Mini
Wheats Original★



Rice Krispies



Special K Original



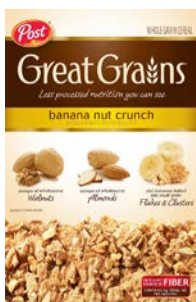
Honey Bunches of Oats with Almonds



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla Bunches★



Banana Nut Crunch★



Quaker Instant Grits Original



Strawberry Cream Mini Spooners★
(BOXES AND BAGS)



Mom's Best Old Fashioned Oats★



Mom's Best Quick Oats★



Dairy

Milk

Approved: Least expensive brand available at time of purchase.

- Fat free
- 1% lowfat
- Whole (for children 12 through 23 months only)
- Lactose free/reduced
- Calcium enriched



Select any combination of gallon or 1/2 gallon sizes.

Approved only when specified on the food instrument:

- Evaporated (canned milk), 12 oz. can, Carnation and Pet brands only
- Dry milk (powdered), 9.6 oz. box
- Ultra high temperature, 8 oz.
- Buttermilk, 1 quart (**least expensive brand at time of purchase**)

No flavored, acidophilus treated, condensed, or organic milk.

Soy Milk

Approved only when specified on the food instrument.

These brands and varieties in 1/2 gallon refrigerated carton:

- 8th Continent Original or Vanilla only
- Silk Original only

No chocolate, complete, DHA omega-3, fat free, light, or organic. No quarts or twin packs.



Cheese

Approved: Least expensive brand available of any of the following at time of purchase.

16 oz. package, domestic only:

- Processed American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Swiss

May be lowfat, low cholesterol, low sodium, sliced, hoop, or block.



**No cheese food, spread, product or imitation.
No string, shredded, mixes, cubes, sticks, or cheese from a deli. No peppers or other added ingredients.**

Eggs

Only:

- 1 dozen carton
- Large white

**No brown eggs,
specialty eggs,
or Eggland's Best.**



Juices

Juices

Select only the size(s) specified on the food instrument.
Must be 100% juice without added sweeteners.
May contain added calcium.

No fruit punch, fruit drink, or drink ades.

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

Select only the brands and flavors pictured.

All flavors of Old Orchard Juice (green lid only) are approved.



(GREEN LID ONLY)

48 oz. Containers (for women only)

Select only the brands and flavors pictured.

All flavors of Juicy Juice are approved.



64 oz. Containers (for children ages 1 to 5 only)

Select only the brands and flavors pictured.

All flavors of Juicy Juice and Northland Cranberry Juice Blends are approved.



64 oz. Refrigerated Containers (for children ages 1 to 5 only)

(for children ages 1 to 5 only)

100% orange juice only.



Whole Grains

Whole Wheat and Whole Grain Breads

16 oz. package.

Select only the breads pictured.

Bimbo

- 100% Whole Wheat



Nature's Own

- 100% Whole Grain



Nature's Own

- 100% Whole Wheat
With Honey



Pepperidge Farm

- 100% Whole Wheat
Stone Ground



Roman Meal

- 100% Whole Grain
Sungrain



Sara Lee

- 100% Whole Wheat
Classic



Wonder

- 100% Whole Wheat



Brown Rice

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

No seasoned, white, frozen,
gourmet blends, or organic.



BROWN RICE
REGULAR,
INSTANT,
OR
BOIL-IN-BAG
14-16 OZ.
ANY
BRAND

Whole Grain Tortillas

16 oz. package.

Select only the tortillas pictured.

Celia's

- Corn
- Whole Wheat



Don Pancho

- Corn
- Whole Wheat



La Banderita

- Corn
- Whole Wheat



La Burrita

- Corn



MiCasa

- Whole Wheat

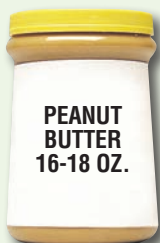


Mission

- Corn
- Whole Wheat



Peanut Butter



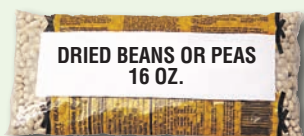
16-18 oz. container, any brand.
May be chunky, creamy, crunchy,
or low sodium.

**No whipped, spreads, reduced fat,
omega-3, organic, combinations
with jelly, honey, etc.**

Dried Peas or Beans

16 oz. bag, any brand.

No added flavorings.



Infants

For Infants Who Fully Breastfeed

Infant Meat

2.5 oz. container.
Gerber or
Beech-Nut
plain meat with
broth or gravy.

No DHA or organic.



For Women Who Fully Breastfeed

Canned Tuna

5 oz. can. Any brand
light tuna, chunk style,
packed in water.

**No smoked, other flavorings,
diet, or solid white.**



Canned Salmon

14.75 oz. can. Any brand
pink salmon.

No red or sockeye.



Infant Formula

Only formula listed on the food instrument. WIC food instrument lists the brand, size, form (powder, concentrate), and quantity to purchase.

No substitutions allowed.

Dry Infant Cereal

8 oz. container, Gerber or Beech-Nut.

- Barley
- Rice
- Whole Wheat
- Oatmeal
- Multigrain

No organic, DHA, fruit, or other additives.



Infant Fruits and Vegetables

Any 2nd stage, single ingredient only in these sizes and brands:

- 4 oz jar: Beech-Nut Classics
- 4 oz 2-pack: Gerber

No added sugars, starches, salt (sodium), DHA, or organic.



Use of WIC food instruments for other than their intended purpose will result in a fine of not more than \$10,000 or imprisonment for not more than five years or both.

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Get growing with

WIC

HEALTHY FOODS
FOR A HEALTHY FUTURE

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**Alabama Department of Public Health
Bureau of Family Health Services/Division of WIC**

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