

EGGS

- 1 dozen carton • Large white



NOT Allowed:

- Brown • Hard boiled
- Organic • Specialty eggs such as cage free, grain fed hen, Eggland's Best, 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. 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, Teasers & Organic Not Allowed



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

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. 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).



JUICY JUICE
All Flavors, Teasers & Organic Not Allowed



NORTHLAND
Cranberry and all Cranberry Blend Flavors



WELCH'S
Original Grape Red Grape White Grape Grape with Calcium White Grape Peach Super Berry



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

NOT Allowed:

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

64 oz. Refrigerated Containers

100% Orange Juice only. May contain calcium.



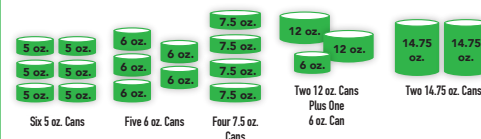
FOR FULLY BREASTFEEDING MOMS & WOMEN PREGNANT WITH OR BREASTFEEDING MULTIPLES

Canned Fish - Up to 30 oz. (Any combination that does not go over 30 oz.) Can size may be 5 oz., 6 oz., 7.5 oz., 12 oz., or 14.75 oz.

Tuna - Any brand, light tuna, chunk style packed in water.

Pink Salmon - Any brand pink salmon.

How to buy up to 30 ounces of fish:



NOT Allowed:

- White, albacore or yellow fin tuna • Sockeye or Red Salmon
- Tuna or salmon flavored varieties such as smoked, grilled, etc.
- Low-sodium • Single serving • Lunch packs/pouches
- Ready to serve

INFANTS

Dry Infant Cereal

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

- Barley • Rice • Whole Wheat
- Oatmeal • Multigrain

NOT Allowed:

- Organic • Fruit or other additives • DHA • Sensitive



Infant Fruits and Vegetables

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



You may select single fruit, single vegetable, fruit combination, vegetable combination or fruit and vegetable combination.

NOT Allowed:

- Pouches • Toddler foods • Desserts, dinners and casseroles
- Added sugars, starches, salt (sodium), DHA, or organic
- With meat, cereal, noodles, rice or yogurt • Naturals

FOR INFANTS THAT FULLY BREASTFEED

Infant Meat

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

NOT Allowed:

- Meat sticks • DHA • Organic



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, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

alabamapublichealth.gov/WIC

WIC_700APPROVEDFOODS2020



APPROVED FOODS

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

ALABAMA
PUBLIC
HEALTH

EFFECTIVE OCTOBER 1, 2020 - SEPTEMBER 30, 2021



DOWNLOAD OUR
FREE ALABAMA
WIC APP!



FRESH FRUITS

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

Examples:

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

FRESH VEGETABLES

Any variety of fresh vegetables, whole or cut. 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, frozen, 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
- Fruit baskets or party trays
- Nuts including peanuts
- Fruit/nut/grain mixtures

eWIC SHOPPING TIPS

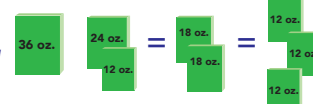
- Know your food benefit balance when you go to the store.
- You can check your benefit balance by using your printed shopping list, calling eWIC customer service at 1-855-279-0683, visiting WICConnect.com, saving your last store receipt or requesting a balance inquiry at the store.
- Purchase as much (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.
- 11 to 36 oz. boxes or bags only.

How to buy up to 36 ounces of cereal:

Buy any combination that does not go over 36 ounces. Can be purchased in separate transactions.



Whole Grain Cereals ★



Honey Kix ★

Berry Berry Kix

Kix ★

Corn Flakes



Cheerios ★

Multi Grain Cheerios ★

Corn Chex

Rice Krispies



Great Grains ★
Banana Nut Crunch

Great Grains ★
Crunchy Pecan

Frosted Mini Wheats ★
Original

Special K Original



Honey Bunches of Oats with Almonds

Honey Bunches of Oats Honey Roasted

Honey Bunches of Oats Vanilla Bunches ★

Strawberry ★
Cream Mini Spooners



Quaker Instant Oatmeal ★
Original

Quaker Instant Grits
Original Family Size

Quaker Instant Grits
Original

BREAD / TORTILLAS / PASTA / BROWN RICE

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

WHOLE WHEAT / WHOLE GRAIN BREADS



Arnold Hamburger & Hotdog Buns
100% Whole Wheat

Bimbo
100% Whole Wheat

Nature's Own
100% Whole Grain



Nature's Own
100% Whole Wheat With Honey

Sara Lee
100% Whole Wheat

Wonder
100% Whole Wheat

WHOLE GRAIN TORTILLAS



Celia's
White Corn/Yellow Corn

Celia's
Whole Wheat

Chi Chi's
Whole Wheat

Chi Chi's
White Corn



La Banderita
White/Yellow Corn Grande

La Banderita
Whole Wheat Soft Taco

La Banderita
Whole Wheat Fajita

MiCasa
Whole Wheat



Mission
Yellow Corn

Mission
Whole Wheat Fajita

Mission
Whole Wheat Soft Taco

Ortega
Whole Wheat

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



BREAD / TORTILLAS / PASTA / BROWN RICE

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 or half gallon 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

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.

NOT Allowed:

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



YOGURT

16 oz (1 lb.) or 32 oz. (2 lb.) yogurt allowed.

Dannon and Yoplait brands only.

- Select the products and flavors listed. Pictures may change. Selections may vary by store.

For women and children ages 2-5.
Low fat or non fat yogurt allowed.



Dannon
All Flavors
One 32 oz. (2lb.) tub

Yoplait
All Flavors
One 32 oz. (2lb.) tub

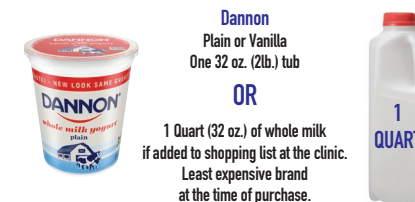
Yoplait All Flavors,
One 8 count - 4 oz. (2lb.)
value pack



Yoplait Gogurt or Simply Gogurt
All Flavors
One 16 count - 2 oz. tubes (2lb.)
OR Two 8 count - 2 oz. tubes (1 lb.)

Dannon Activia
All Flavors
Two 4 count - 4 oz. (2lb.)

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



Dannon
Plain or Vanilla
One 32 oz. (2lb.) tub

OR

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

NOT Allowed:

- Greek
- Organic
- Lactose Free
- Added fiber
- Smoothies or drinkable
- 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