

North Dakota WIC Food List

Effective: October 2009

Peanut Butter

18 oz. jar only, Creamy, Crunchy, or Chunky

No reduced fat, spreads, or organic. No added chocolate, jelly or honey.

Eggs

Fresh, 1 dozen packages only, Medium or Large

No organic, cage-free, specialty or, pasteurized eggs.

Milk

Gallons only;

Half gallons or quarts if specified on check

Whole, 2%, 1%, Skim, Calcium fortified, Extra Protein, Acidophilus,

Buttermilk, Lactose free or reduced, Non-fat dry milk powder (8 qt),

Meyenberg Goat's Milk (Quart ,12 oz can powder or evaporated),

Evaporated.

No Chocolate or flavored, organic, rice, or sweetened condensed milk. No

Bessy's Best milk.

Juice

Sizes allowed: 12 oz. frozen, 11.5 oz. shelf stable concentrate, 64 oz. plastic container

12 oz frozen

- ◆ Apple – Old Orchard, Great Value, Market Pantry, Minute Maid, Our Family, Flavorite, Food Club, Albertsons.
- ◆ Grape/White Grape –Market Pantry, Welch's, Old Orchard, Great Value, Albertsons
- ◆ Orange – any 100% juice brand
- ◆ Grapefruit – any 100% juice brand
- ◆ Any 100% Dole juice
- ◆ Any 100% Old Orchard juice

11.5 oz. shelf stable – Juicy Juice – Any 100% juice variety

Welch's – Any 100% juice variety *Yellow band only

64 oz. plastic

Old Orchard – Any 100% juice, except pomegranate blends

Apple – Old Orchard, Sam's Choice, Flavorite, Our Family, Market Pantry, Albertson's, Food Club,.

Grape/White grape – Old Orchard, Sam’s Choice, Langers, Flavorite, Our Family, Market Pantry (Grape only), Albertson’s, Food Club.

Grapefruit (white/red)– Ocean Spray, Our Family, Flavorite, Albertsons,

Tomato – Campbell’s, Albertsons, Great Value

Vegetable – V-8, Albertsons, Market Pantry, Great Value

Must be 100% juice and at least 100% Vitamin C. Can be calcium-fortified. No 46, 48, 96, or 128 oz. plastic containers. No 46 oz. cans. No organic, cocktails, pomegranate juice or blends, apple cider, fruit drinks, lemonade, prune, single servings, refrigerated.

Cheese

8 oz. or 16 oz. size, Reduced fat allowed

American, Cheddar, Colby Jack, Colby, Farmer, Swiss, Mozzarella, Marble Jack, Muenster, Monterey Jack, String

No sliced, cubed, or shredded. No cheese foods, cream cheese, or spreads. No added ingredients, smoked, or organic. No random weight or deli cheese.

Soy Milk

Half gallons

8th Continent – original flavor only

Canned Fish

Chunk Light Tuna

5 oz. can Water or oil packed.

No organic, albacore, individual serving, or pouches.

Salmon

Pink Salmon

5 oz. or 14.75 oz can

No red sockeye, smoked, individual serving, or pouches.

Cereal

Kix

Grape Nuts

Grape Nuts Flakes

Life

Cheerios

Multi Grain Cheerios

Corn Chex

Brand

General Mills

Post

Post

Quaker

General Mills

General Mills

General Mills

Rice Chex	General Mills
Multi Bran Chex	General Mills
Wheat Chex	General Mills
King Vitaman	Quaker
Corn Flakes	Kelloggs
Oatmeal Squares	Quaker
Crispix	Kelloggs
Mini Wheats - Big Bite	Kelloggs
Bite size Mini Wheats	Kelloggs
Unfrosted mini wheats	Kelloggs
Honey Bunches of Oats	Post
Total Whole Grain	General Mills
Frosted Mini Spooners	Malt O Meal
Bran Flakes	Post
Complete All Bran Wheat Flakes	Kelloggs
Bran Flakes	Flavorite
Toasted Oats	Flavorite
Crispy Rice	Flavorite
Crunchy Wheat & Barley	Flavorite
Frosted Shredded Wheat	Flavorite
Instant Oatmeal	Quaker
Instant Oatmeal	Flavorite
Cream of Wheat	Nabisco
Malt o meal	Malt O Meal
Malt o meal - Chocolate	Malt O Meal
Crispy Hexagons	Flavorite
Rice Biscuits	Flavorite
Corn Biscuits	Flavorite
Corn Flakes	Flavorite
Instant Oatmeal	Our Family
Krunch Nutties	Our Family
Crispy Hexagons	Our Family
Frosted shredded wheat	Our Family
Bran Flakes	Our Family
Toasted Oats	Our Family
Rice Biscuits	Our Family
Corn Biscuits	Our Family
Wheat Biscuits	Our Family
Crispy Rice	Our Family
Corn Flakes	Our Family
Instant Oatmeal	Food Club
Wheat n Crunchy	Food Club
Corn Squares	Food Club
Bran Flakes	Food Club
Bite size Frosted shredded wheat	Food Club
Crisp Rice	Food Club
Rice Squares	Food Club
Twin Grain Crisp	Food Club
Toasted Oats	Food Club
Corn Flakes	Food Club
Crunchy Corn Squares	Albertsons
Crunchy Rice Squares	Albertsons
Corn Flakes	Albertsons

Toasted Oats	Albertsons
Crispy Rice	Malt O Meal
Crispy Rice	Albertsons
Crunchy Wheat & Barley	Albertsons
Bran Flakes	Albertsons
Wheat & Rice Flakes	Albertsons
Instant Oatmeal	Albertsons
Frosted Shredded Wheat	Albertsons
Crisp Rice	Great Value
Corn Flakes	Great Value
Frosted Shredded Wheat	Great Value
Bran Flakes	Great Value
Toasted Oats	Great Value
Multi Grain Flakes	Great Value
Toasted Rice	Great Value
Toasted Corn	Great Value
Toasted Wheat	Great Value
Crunchy Nuggets	Great Value
Instant Oatmeal	Great Value
Toasted Oats	Market Pantry
Instant Oatmeal	Market Pantry
Frosted Shredded Wheat	Market Pantry

Fruits/Vegetable

All fresh fruits and vegetables, including yams and sweet potatoes
 Also allowed: Pre-cut or packaged fruits and vegetables and bagged
 salads/coleslaw

No canned, jarred, dried or frozen fruits/vegetables

No potatoes (Sweet potatoes and yams are allowed)

*No salad bar/deli items, pre-cut or packaged fruits and vegetables with dips,
 bagged salads with dressing*

No fruit baskets or decorative vegetables (gourds, pumpkins) and fruits

No herbs and spices (ex. Parsley, Basil, Cilantro, Rosemary, Thyme, etc.)

Baby Foods - Fruits and Vegetables

Gerber – 4 oz. jars (Single ingredient only)

2nd Foods – Fruits: Applesauce, Bananas, Pears

2nd Foods – Vegetables: Sweet Potatoes, Squash, Carrots, Green Beans,
 Peas

Gerber – 3.5 oz plastic (2 pack) (Single ingredient only)

2nd Foods – Fruits: Applesauce, Bananas, Pears, Peaches

2nd Foods – Vegetables: Sweet Potatoes, Squash, Carrots, Green Beans,
 Peas

Nature's Goodness – 4 oz. jars (Single ingredient only)

Fruits: Applesauce, Bananas, Peaches, Pears

Vegetables: Carrots, Green Beans, Squash, Sweet Peas, Sweet Potatoes

No organic, DHA, dinners, desserts, combinations (Ex. apple blueberry), 1st foods, 3rd foods, or diced.

Baby Foods – Meats

Gerber – 2.5 oz jars

Varieties (with gravy): Chicken, Ham, Lamb, Beef, Turkey, Veal

Nature's Goodness – 2.5 oz. jars

Varieties (with gravy): Chicken, Beef, Turkey

No organic, DHA, dinners, or graduates.

Infant Cereal

8 or 16 oz. box

No added fruit or formula, organic, or DHA.

Bread

Must be whole wheat or whole grain bread

Up to 1 lb. (16 oz.) for women – Up to 2 lbs. (32 oz.) for children

Brands

Rubschlager – Cocktail Whole Grain bread (16 oz.)

Great Value – 100% Whole Wheat bread (20 oz.)

Sara Lee – Soft & Smooth 100% Whole Wheat bread (20 oz.), Soft & Smooth 100% Honey Whole Wheat bread (20 oz.), Classic 100% Whole Wheat bread (16 oz. or 20 oz.)

Country Hearth 100% - Whole Wheat bread (24 oz.)

Sweetheart – 100% Whole Wheat bread (16 oz. or 24 oz.)

Roman Meal - Sungrain 100% Whole Wheat bread (16 oz.)

Brown Rice

Must be plain, whole grain

Bagged or boxed – Instant allowed

Up to 1 lb. (16 oz.) for women – Up to 2 lbs. (32 oz.) for children

No Uncle Ben's, wild rice, blends, ready rice, or organic rice.

Tortillas

Whole wheat or Soft Corn

Up to 1 lb. (16 oz.) for women – Up to 2 lbs. (32 oz.) for children

Whole Wheat tortillas

Chi Chi's Whole Wheat (16 oz.)

Carlita Whole Wheat (16 oz.)

La Banderita Whole Wheat (12.7 oz.)

Resers Whole Wheat (15 oz.)

Mission Whole Wheat (17.5 oz.)- No Carb Balance products

Mission Multi Grain (17.5 oz.)– No Carb Balance products

Cruz Whole wheat (12.8 oz)

Soft Corn tortillas

Mission Yellow Corn extra thin (16 oz.)

Mission Yellow Corn super size (14 oz.)

Mission White or Yellow corn (27.5 oz.)

Cruz Corn(10 oz.)

La Burrita Corn(16 oz.)

Azteca Corn (27 oz)

Beans, Peas & Lentils

Dry (1 or 2 lb size) OR Canned (15 – 16 oz. size)

Any variety of plain beans, peas or lentils

Refried beans (Fat free only)

No baked beans, green beans, chili beans, wax beans, pork and beans, bean mixes/soups, or organic.

No added sugars, fats, meats, or oils.