

## Canned Beans, Peas & Lentils

15-16 oz. size, Any variety of plain beans, peas or lentils, Refried beans (Fat free only). No baked beans, green beans, chili beans, waxed beans or pork and beans.

## Whole Wheat Bread

Women get up to 1 lb (16 oz)  
Children get up to 2 lbs (32 oz)

### Country Hearth-

100% Whole Wheat - 24oz

### Sara Lee –

Hearty & Delicious 100%

Whole Wheat - 24 oz

Soft & Smooth 100%

Whole Wheat - 20 oz

Heart Healthy Classic 100%

Whole Wheat - 20 oz

### **Soon in 16 oz size:**

Sara Lee – Classic 100%

Whole Wheat

Roman Meal – Sungrain

100% Whole Wheat bread

## NEW: 64 oz. plastic juice for children:

Old Orchard-any 100% juice

Apple or Grape-store brands

Grapefruit- Ocean Spray, \*\*

Tomato - Campbell's, \*\*

Vegetable- V-8, \*\*

\*\*and some store brands

## Look for the NEW WIC foods

### Brown Rice

Women get up to 1 lb (16 oz)

Children get up to 2lbs (32oz)

*Must be plain, whole grain*

*Bag or box – Instant allowed*

### Whole Grain

#### Tortillas

Women get up to 1 lb (16 oz)

Children get up to 2 lbs (32oz)

#### Whole Wheat tortillas

Manny's WW tortillas -16oz

Carlita WW tortillas -16 oz

La Banderita WW- 12.7 oz

Resers WW tortillas-15 oz

Mission WWheat-17.5 oz.

Mission Multigrain 13oz/15oz

No "Carb Balance" products

#### Soft Corn tortillas

Cruz Corn -10 oz

La Burrita Corn- 16 oz

Mission Yellow Corn

extra thin-16 oz

Mission Yellow Corn

super size-14 oz

### Fruits/Vegetables

Fresh only - no canned,

dried or frozen. No potatoes.

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### **bread**

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