MILK

Gallons only;
Half gallons or quarts if specified on check

Whole, 2%, 1%, Skim, Calcium fortified, TLC, Acidophilus, Buttermilk, Lactose reduced, Lactose free, Non-fat dry milk powder, Myenberg Liquid Goat's milk, Evaporated

No chocolate or flavored milk, organic, soy milk or rice milk.

CHEESE

8oz, 16 oz or 2lb size, Reduced fat permitted

American , Brick, Cheddar, Cheddarella, CoJack, Colby, Longhorn, Swiss, Mozzarella, Marble Jack, Monterey Jack, String (8 oz. and16 oz. size only)

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

EGGS

Fresh, 1 or 2 dozen

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

PEANUT BUTTER

16-18oz jar, plain or crunchy

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

DRY BEANS & PEAS

1 lb (16 oz.) size only

Any plain without added flavoring.

No mixes.

North Dakota Department of Health
WIC Program
600 E. Boulevard Ave.
Bismarck, N.D. 58505
701.328.2496

USDA prohibits discrimination in its programs.
To file a complaint, write:

USDA
Director, Office of Civil Rights
1400 Independence Ave. SW
Washington, DC 20250-9410

FOR INFANTS

FORMULA

Brand, size, and amount as indicated on voucher.

No low iron formula.

INFANT CEREAL

8 or 16 oz., plain, dry

No added fruit, formula or organic.
No jars.

INFANT JUICE

4 oz., 100% juice

No organic.

FOR BREASTFEEDING WOMEN

CARROTS

Fresh, frozen or canned.
1 or 2 lb. size.

No organic.

TUNA

6 - 6.5 oz. can. Water or Oil Packed.

No organic, albacore, lunch-size or foil pack

North Dakota WIC Food List

WIC Because You Care

AS OF JANUARY 1, 2008

WIC ALLOWED JUICES

12 OZ. FROZEN CONCENTRATE

Orange
Any Brand

Grapefruit
Any Brand

Any 100%
Old Orchard Juice

Any 100%
Dole Juice

Treetop Apple

Old Orchard Apple

Seneca Apple
Also Granny Smith

Flavorite Apple
Also: Our Family, HyTop, Albertson's

Old Orchard Grape

Seneca Grape

Welch's White Grape
*Any 100% Blends**

Welch's
*100% Grape**

***Welch's Yellow Band Only**

11.5 OZ. SHELF-STABLE CONCENTRATE

Juicy Juice
Any 100% Juice Variety

11.5 OZ. SHELF-STABLE CONCENTRATE

Welch's
*Any 100% Juice Variety**

***Yellow Band Only**

46 OZ. CAN

Orange
Any Brand

Grapefruit
Any Brand

Orange Grapefruit
Any Brand

Dole Pineapple
Also: Albertson's, HyTop, Our Family, Flavorite

Northland Cranberry
100% Juice Blends

V8 100% Vegetable Juice only
Also: HyTop, Flavorite, Our Family, Albertson's

Del Monte Tomato
Also: Our Family, HyTop, Flavorite

Campbell's Tomato
Also: Our Family, HyTop, Flavorite

JUICE: Must be 100% juice and 100% Vitamin C and can be Calcium-fortified. No 46 or 64 oz. plastic containers, organic, cocktails, Hi-C, lemonade, single servings, fresh squeezed, or reduced acid orange juice.

WIC ALLOWED CEREALS

Kix *(regular only)*
Also: HyTop Corn Puffs

Grape-Nuts +
& Grape-Nuts Flakes
Also: Food Club Wheat 'n Crunchy

Wheaties

Life *(regular only)* ★

Special K ★

Cheerios & Multi-Grain Cheerios # ★

Corn, Rice, Wheat ★ + & Multi-Bran Chex ★ + *Also: Flavorite, Albertson's, Our Family Corn or Rice Biscuits, Food Club Corn or Rice Cereal Squares*

King Vitaman ★

Corn Flakes
Also: Flavorite, Albertson's, HyTop, Our Family, ShurFine, Food Club

Oatmeal Squares
(blue box only) ★ +

Product 19 # ★

Crispix
Also: Flavorite, Our Family Crispy Hexagons, Food Club Twin Grain Crisp

Mini Wheats
Also: Bite Size +

Honey Bunches of Oats
(Honey Roasted only)

Total Whole Grain ★ +

Scooters

Frosted Mini Spooners ★ +

Bran Flakes +

Complete All-Bran Wheat & Oat Flakes ★ # +

Toasted Oats
in the following brands:
HyTop, Flavorite, ShurFine, Our Family, Albertson's, Food Club

Crisp Rice / Crispy Rice
Also: HyTop, Flavorite, ShurFine, Our Family, Albertson's, Food Club, Malt-O-Meal

Nutty Nuggets / Krunch Nutties /Krunchy Nutties
in the following brands:
Flavorite, Albertson's, HyTop, Our Family, ShurFine

Frosted Shredded Wheat in the following brands:
Our Family, HyTop, Flavorite, ShurFine, Albertson's, Food Club

Bran Flakes/ Enriched Bran Flakes / High Fiber Bran Flakes in the following brands: Post, Kellogg's, Flavorite, Albertson's, HyTop, Our Family, ShurFine, Food Club

Cereal Key
★ - 100% FOLATE/FOLIC ACID
\# - 100% IRON
\+ - 4 GRAMS OR MORE OF FIBER

HOT CEREALS

CoCo Wheats

Quaker Oatmeal
(regular only, packets only) Also: Our Family, Albertsons, HyTop, Shurfine, Flavorite, Food Club

Cream of Wheat
(1 min., 2 1/2 min., 10 min.)

Malt O Meal
plain or chocolate

Instant Grits
(original only)

Buy any combination of cereals 36 oz. or less.

13 oz. + 13 oz. + 10 oz. = 36 oz.

24.3 oz. + 10 oz. = 34.3 oz.

16.5 oz. + 18 oz. = 34.5 oz.