

Arizona WIC Programs Food List

Effective October 1, 2019



WIC Participant Responsibilities

Before you shop:

1. Check your benefit balance and the date your benefits expire before you shop.
2. Shop only at WIC-approved stores.
3. Your WIC office will let you know the locations where you can use your benefits. Look for the “We Accept WIC” decal at the grocery store.
4. Tell the clinic staff if you would like someone else to be able to pick up or use your WIC benefits.

To check your family balance, the Food List and more, download the EzWIC app (Arizona WIC Program) or WIC Shopper app (ITCA WIC).

While you shop:

1. Read your benefits carefully to know which foods you can get. You can check your WIC balance at the store by swiping your card at the checkout stand and entering your PIN, calling the customer service number on your card, or using your WIC program’s shopping app.
2. You may buy only foods and quantities listed on the balance section of the eWIC receipt. You do not have to buy all your foods at one time.

At the checkout stand:

1. Tell the cashier right away that you are using an eWIC card.
2. Ask the cashier if you need to separate WIC foods from other foods you’re buying. Each store is different and may have a different process.
3. Wait for the cashier to ask you to swipe your eWIC card and enter your PIN.
4. After foods are rung up, review the transaction before approving. After approving, WIC food items purchased will be deducted from your account.
5. You will be given a new receipt with the remaining benefit balance and the date your benefits expire. Keep your receipt so you know the remaining balance and expiration date for your next shopping trip.

If you want to know if a certain brand of food is eligible, please contact your WIC office or check the food list database for your WIC program, shown below:

Arizona WIC foods azwic.gov/foods

Inter Tribal Council of Arizona WIC foods itcaonline.com/wic/foods

Navajo Nation WIC foods wicnn.net/vendor.html

If you have problems at the grocery store:

Talk to the store manager if you have a problem at the store. Report the date, time and names of store staff involved and save your store receipt. Contact your WIC office if you are still not satisfied.

Product requests can be sent to the following addresses:

Arizona WIC foods wicservicedesk@azdhs.gov

Inter Tribal Council of Arizona wicupc@itcaonline.com

Navajo Nation WIC foods wicnn.net/vendor.html

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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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

Infant Cereal and Formula

Infant Cereal

Any of the following brands of infant cereal in an 8 or 16 oz. container

- Gerber MultiGrain
- Gerber Oatmeal
- Gerber Rice
- Gerber Whole wheat
- Beech-Nut MultiGrain
- Beech-Nut Oatmeal
- Beech-Nut Rice

Not Included

- Infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA
- Jars, cans or single serving cups
- High protein
- Organic

Infant Formula

Only brand, type and size as specified on your WIC benefits.

24-Hour Breastfeeding Hotline
1-800-833-4642
gobreastmilk.org

Infant Fruits and Vegetables

Any of the following brands of single and mixed variety of 4 oz. Stage 2 infant fruits and vegetables:

- Beech-Nut Classics
- Gerber
- Parent's Choice
- Tippy Toes
- Yummy Naturals

Not Included

- Foods with added salt, sugar or starches
- Desserts, dinners and food combinations
- Added formula, cereal or DHA/ARA
- Smoothies
- Organic
- Pouches
- Beech-Nut Naturals

You can mix and match up to the amount included in your benefits.

- 256 oz. = 64 jars or 32 two-packs
- 128 oz. = 32 jars or 16 two-packs
- 64 oz. = 16 jars or 8 two-packs

Infants 9 months and older can get cash value benefits towards fresh fruits and vegetables instead of half of their infant fruits and vegetables. Ask your clinic for more information.

Infant Food Meats

Allowable for fully breastfeeding infants only

Any of the following 2.5 oz. single ingredient infant meats (added broth and gravy allowed) in any stage:

- Beech-Nut Classic
- Gerber
- Tippy Toes

Not Included

- Foods with added salt or sugar
- Dinners or food combinations
- Meat sticks
- Organic

You can mix and match meat types up to the amount included in your benefits.

- 77.5 oz. = 31 jars

Milks

Store or house brand⁺ refrigerated milk in type and size included in your WIC benefits

- Pasteurized fluid cow's milk
 - Fat-free
 - Low-fat (1%)
 - Reduced-fat (2%)
 - Whole

Other Milk Types

- Evaporated milk (12 oz. can)
- Powdered dry milk (9.6 to 25.6 oz. box)
- UHT/Sterile/Long Shelf Life Milk
- Lactose-free cow's milk (½ gallon)
- Navajo Nation WIC only:
Lactose-free cow's milk (½ gallon and 96 oz. Containers)

Not Included

- Chocolate milk
- Flavored milk
- Buttermilk
- Acidophilus milk
- Half and half
- Rice milk
- Raw milk
- Sweetened condensed milk
- Creamers
- Filled milk
- Organic milk
- Nut or grain milk (like almond or rice)
- Coconut milk

⁺ **Look for the 'WIC Approved' sign.**

Milk Alternatives

Soy Milks

Any of the following brands and types

- 8th Continent, ½ gallon, refrigerated, original and vanilla only
- Pacific Ultra Soy 32 oz. shelf stable, original
- Silk, ½ gallon, refrigerated, original only

Not Included

- Soy milk with added DHA/ARA
- Organic or Light
- 8th Continent Chocolate, or Complete Vanilla
- Silk Soymilk in other flavors

Goat Milk

Arizona WIC only

- Meyenberg, quart, refrigerated
 - Low-Fat
 - Whole

Not Included

- Evaporated
- Powdered

Tofu

Any of the following brands of water-packed, calcium-set, 16 oz. size tofu in any texture (i.e., soft, medium, firm, and extra firm)

- Azumaya
- House Foods
- Organics
- Sunrise

Not Included

- Tofu with added fats, sugars, oils or sodium

Nonfat and Low-fat Yogurts*

Any of the following brands of nonfat and low-fat regular and Greek yogurt in any flavor

32 oz. quart-sized (any flavor)

The following store brands:

- Food Club
- Great Value
- Kroger
- Lucerne
- Market Pantry
- Open Nature
- Simple Truth
- Simply Balanced
- WinCo

Brand Names:

- Chobani
- Dannon
- Dannon Light & Fit
- Dannon Oikos
- Dannon Oikos Triple Zero
- Greek Gods
- LaLa
- Mountain High
- Tillamook
- Yoplait
- Zoi

Packs (any flavor)

- Dannon Activia 4 oz. 4-packs (including regular, Lactose Free, Fruit on the Bottom, and Light)
- Yoplait 4 oz. 8-packs
- Yoplait Go-Gurt tubes 2 oz. 16-packs
- Yoplait Go-Gurt tubes 2 oz. 8-packs

Not Included

- Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients
- Yogurts that are:
 - Organic
 - Drinkable

***Fat content is specified in your WIC benefits.**

Whole Milk Yogurts*

Any of the following brands of whole milk regular and Greek yogurt in any flavor

32 oz. quart-sized (any flavor)

The following store brands:

- Food Club
- Lucerne
- Simply Balanced
- WinCo

Brand Names:

- Brown Cow Cream Top
- Chobani
- Dannon
- Dannon Oikos
- Greek Gods
- Mountain High Original
- Zoi

Packs (any flavor)

Noosa 4 oz. 4-packs (including blended and fruit on the bottom)

Not Included

- Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients
- Yogurts that are:
 - Organic
 - Drinkable

***Fat content is specified in your WIC benefits.**

Cheese

Store or house brand+ pasteurized, pre-packaged, block and shredded, 1 pound (16 oz.), regular, reduced fat, and low sodium

- Cheddar (mild, medium, sharp, extra sharp, longhorn or white)
- Coby
- Monterey Jack
- Mozzarella (includes string cheese)
- Muenster
- Provolone
- Swiss
- Blended cheese (blend of any type listed above)

Not Included

- Diced or sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Imported cheese
- Processed American cheese, processed cheese food, cheese product or cheese spread
- Cream cheese
- Cheese sticks (except mozzarella string cheese)
- Packages less than 16 oz.
- Organic cheese

+Look for the 'WIC Approved' sign.

Juice

11.5-12 oz. Frozen Concentrate

**Any of the following brands of 100% juice; no added sugar or sweetener
Allowable containers include plastic bottles, cartons, and cans only.**

Apple

- Food Club
- Langers
- Old Orchard
- Seneca
- Shurfine
- Tree Top

Grape

- Food Club
- Old Orchard
- Welch's (including purple or white grape)

Pineapple

- Dole
- Old Orchard

Orange*

- Any brand ***Calcium fortified allowed.**

Grapefruit*

- Any brand ***Calcium fortified allowed.**

Mixed Flavors

- Dole
- Old Orchard

Not Included

- Organic juice
- Tree Top 3 Apple Blend
- Odwalla or Naked brands of juice
- V8 Splash

Juice Continued

64 oz. Shelf Stable or Refrigerated

Any of the following brands of 100% juice; no added sugar or sweetener
Allowable containers include plastic bottles, cartons, and cans only.

Apple

- Food Club
- Langers
- Mott's
- Old Orchard
- Seneca
- Shurfine
- Tree Top**

Grape

- Food Club
- Langers (including purple or white grape)
- Old Orchard
- Shurfine
- Welch's (including purple or white grape)

Pineapple

- Langers

Tomato

- Campbell's

Orange*

- Any brand *Calcium fortified allowed.

Grapefruit*

(shelf stable only)

- Any brand *Calcium fortified allowed.

Mixed Flavors

- Juicy Juice
- Old Orchard (any green cap)
- V8 (Original, Low Sodium, and Spicy Hot flavors)

Juice Continued

Not Included

- Organic
- Juice Blends
- Tree Top 3 Apple Blend**
- Odwalla or Naked brands of juice

6-Packs of 5.5 to 6 oz. Containers

Only when specified on the WIC benefits.

Only these brands of 100% juice, no added sugar or sweetener.

- Dole Pineapple
- Donald Duck Orange
- V8 (Original, Low Sodium, and Spicy Hot flavors)

Navajo Nation and ITCA WIC Only

8-Packs of 4.23 oz. containers

- Juicy Juice (any flavor)

WIC recommends limiting juice to 4 ounces daily for toddlers 1 to 3 years old, and 4 to 6 ounces daily for children 4 to 6 years old.

Fruits

Fresh fruits

Any variety of fresh fruit

- Whole
- Cut-up
- Single pieces
- Bagged or pre-packaged
- Organic

Not Included

- Dried fruit
- Fruit-nut mixtures
- Fruit with dipping sauce
- Fruit for purchase on salad bars
- Ornamental fruits
- Fruit baskets
- Party trays
- Items such as blueberry muffins
- Fruit with added sugar, fat, oil or salt

Frozen Fruits

Arizona and Navajo Nation WIC only

Any brand

- Any size and type of container
- Any single or mixed variety
- Organic

Not Included

- Fruit with:
 - added sugar, fat, oil or salt
 - artificial sweeteners such as NutraSweet, Splenda or Stevia
 - any other added ingredients
- Smoothies

Fruits Continued

Canned Fruits*

Arizona and Navajo Nation WIC only

Any brand

- Any size and type of container (shelf stable or refrigerated)
- Any single or mixed variety packaged in juice or water
- Natural or unsweetened applesauce
- Organic

Not Included

- Fruit:
 - packed in syrup such as heavy, light or extra light
 - with added sugar, fat, oil or salt
 - packed in sweetened fruit juice or nectar
 - artificial sweeteners such as NutraSweet, Splenda, or Stevia
- Cranberry sauce or pie filling

***Allowable containers include cans, cups, jars or pouches.**

Vegetables

Fresh Vegetables

Any variety of fresh vegetables

- Whole
- Cut-up
- Single pieces
- Bagged and pre-packaged
- Organic

Not Included

- Kits with dressings or dipping sauce
- Herbs and spices
- Edible blossoms such as squash blossoms (broccoli, cauliflower and artichokes are allowed)
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugar, fat, oil or salt

Vegetables Continued

Frozen Vegetables

Arizona and Navajo Nation WIC only

Any brand

- Any size and type of container
- Any single or mixed variety
- Steamer bags
- Organic

Not Included

- Breaded or seasoned vegetables
- French fries, tater tots or hash browns
- Vegetables with:
 - sauce such as cheese, butter or teriyaki sauce
 - added sugar, syrup, oil, fat, pasta, or rice

Canned Vegetables*

Arizona and Navajo Nation WIC only

Any brand

- Any size and type of container
- Regular and low sodium
- Any single or mixed variety
- Tomato sauce, paste, puree, whole, crushed, and diced
- Organic

Not Included

- Vegetables with added fat, sugar** or oil
- Added pastas or rice
- Pickled or creamed vegetables
- Vegetables in sauce
- Pizza sauce, soups, ketchup, relish and olives

***Allowable containers include cans, cups, jars or pouches.**

****Sugar allowed for sweet peas and corn only.**

Beans

Dry Beans/Peas/Lentils

Any eligible brand, any variety

- 16 oz. package size

Not Included

- Green, yellow or wax beans
- Fresh or frozen beans
- Refried beans
- Bean soup mixes with flavoring packets/spices
- Organic beans
- Bulk

Canned Beans

Any brand, any variety, plain, or low sodium in up to 16 oz. size.

Varieties such as:

- Black
- Black-eyed peas
- Cannellini
- Garbanzo (Chickpeas)
- Great Northern
- Kidney (red or white)
- Lima
- Navy
- Pink
- Pinto
- Red

Not Included

- Refried beans
- Peas or lentils
- Green peas, green beans or wax beans
- Baked, Cajun, barbeque or ranch style
- Beans with added fat, oils, meat, fruits or vegetables
- Pork and beans
- Chili beans
- Organic

Beans Continued

For Arizona and Navajo Nation eWIC only:

For each container of dry beans/peas/lentils on your eWIC card, you can buy either a 16 oz. container of dry beans/peas/lentils or 4 cans in up to a 16 oz. size each.

Each can of beans counts as 0.25 of a container.

1.00 container = 4 cans

0.75 container = 3 cans

0.50 container = 2 cans

0.25 container = 1 can

Peanut Butters and Eggs

Peanut Butter

Any eligible brand, 16 to 18 oz.

- Plain, creamy, chunky or super chunky styles
- Low sodium
- Low sugar
- Natural

Not Included

- Peanut butter spread
- Peanut butter with added jams, jellies, chocolate, marshmallows, DHA, omega-3 or honey
- Peanut butter in tubes
- Organic peanut butter

Eggs

Store or house brand+, dozen-size carton

- Fresh, raw, white chicken eggs
- Medium or large

Not Included

- Specialty eggs (low cholesterol, DHA, organic, free range, cage free, nest or fertile)
- Extra-large or jumbo
- Brown eggs
- Eggs in six-pack cartons
- Egg substitutes

+Look for the 'WIC Approved' sign.

Canned Fish

Tuna

Any eligible brand

- Chunk light only
- Plain, water-packed
- Regular or low sodium

Not Included

- Solid white or Albacore tuna
- Tuna with soy protein added
- Oil-packed tuna
- Prime fillet
- Lunch kit tuna mix
- Tuna packed in pouches
- Tuna with added ingredients
- Flavored or seasoned tuna

Pink Salmon

Any eligible brand

- Chunk light only
- Plain, water-packed
- Regular or low sodium

Not Included

- Salmon with added ingredients
- Red salmon
- Salmon in pouches
- Flavored or seasoned salmon
- Atlantic salmon
- Fillets

Sardines

Any eligible brand

- 3.75 oz. cans, flavored, seasoned or plain

Not Included

- Brisling
- Norwegian

Cereal

Hot Cereal

11.8 oz. box or larger; up to 36 combined oz.

Any of the following brands of hot cereal. You may combine several sizes of containers to equal up to 36 oz.

- Cream of Rice
- Cream of Wheat Original 1 minute
- Cream of Wheat Original 2.5 minute
- Cream of Wheat Original Instant Individual Packets
- Malt-O-Meal Original
- Quaker Instant Grits Original
- Quaker Instant Oatmeal Original

Not Included

- Hot cereals less than 11.8 oz.
- Added raisins, fruit or nuts
- Variety packs
- Organic cereals

Gluten free

Whole grain cereals are high in fiber and nutrients important for heart and digestive health.

Cereal Continued

Cold Cereal

12 to 36 oz. bags and boxes

You may combine multiple size containers to equal up to 36 oz.

Examples:

$$12+12+12=36$$

$$18 + 18 = 36$$

$$16 + 18 = 34$$

Any of the following store brand Crispy Rice:

- Best Yet
- First Street
- Food Club
- Great Value
- Market Pantry
- WinCo

Any of the following store brand Toasted Oats:

- First Street
- Food Club
- Kroger
- Signature Select
- WinCo

Name Brands

- Wheat Flakes - All-Bran Complete
- Banana Nut Crunch - Great Grains
- Multi-Grain - Cheerios
- Plain - Cheerios
- Corn - Chex
- Rice - Chex
- Wheat – Chex
- Corn Flakes – Kellogg’s
- Crispy Rice - Malt O Meal
- Frosted Mini Spooners - Malt O Meal
- Frost Mini Wheats Original - Kellogg’s
- Grape Nuts Flakes - Post
- Grape Nuts Original - Post
- Honey Bunches of Oats Almond - Post
- Honey Bunches of Oats Honey Roasted – Post
- Honey Bunches of Oats Whole Grain Almond Crunch – Post
- Honey Bunches of Oats Whole Grain Honey Crunch – Post
- Honey Bunches of Oats Whole Grain Vanilla Bunches – Post

Cereal Continued

- Plain – Kix – General Mills
- Life Original – Quaker
- Oatmeal Squares Brown Sugar – Quaker
- Oatmeal Squares Cinnamon - Quaker
- Rice Krispies – Kellogg's
- Special K Original – Kellogg's
- Total Whole Grain – General Mills

Not Included

- Cold cereals less than 12 oz.
- Variety packs
- Frosted cereals except those listed as allowable
- Organic cereals

100% folic acid per serving

gluten free

whole grain cereal. Whole grains are higher in fiber and nutrients that are important for heart and digestive health.

Whole Grains

100% Whole Wheat Bread

Any of the following loaves of bread in a 16 oz. size only

- Any store brand
100% whole wheat bread
- Bimbo
100% Whole Wheat
- Nature's Own
100% Whole Wheat
- Ozark Hearth
100% Whole Wheat
- Sara Lee
100% Whole Wheat
- Wonder
100% Whole Wheat

Not Included

- Gluten-free
- Diet, light or low carb
- Mini loaves
- Pita or flat bread
- English muffins
- Sandwich thins or rounds
- Bagels
- Buns
- Rolls
- Organic

Whole Grains Continued

Brown Rice

Any brand of brown rice (long or short grain) in a 16 oz. size only

Not Included

- Instant brown rice
- Rice in plastic containers
- Seasoned or flavored rice
- White rice
- Basmati and jasmine rice
- Organic rice

Whole Wheat Pasta

Any of the following brands of whole wheat pasta in a 16 oz. package only

Any of the following store brands:

- Food Club
- Full Circle
- Great Value
- Kroger
- O Organics
- P\$\$t
- Shurfine
- Signature Select
- Simple Truth Organics
- Simply Balanced
- Sun Harvest
- WinCo

Not Included

- Pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredients
- Pastas with added sugars, fats, oils or salt

Whole Grains Continued

Soft Corn Tortillas

Any of the following brands of yellow and white soft corn tortillas in a 16 oz. package only

- Don Pancho
- Dos Ranchitos
- El Super
- Food Club
- Guerrero
- Kroger
- La Banderita
- La Burrita
- Mama Lola's
- Mission
- Santa Fe Tortilla Company

Not Included

- Tortilla chips
- Tostada or taco shells
- Organic tortillas

Whole Wheat Flour Tortillas

Any of the following brands whole wheat flour tortillas in a 16 oz. package only

- Don Pancho
- Food Club
- Great Value
- Guerrero Tortillas de Harina Integral
- Kroger
- La Banderita
- Mission
- Santa Fe Tortilla Company

Not Included

- Tortilla chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic tortillas

WIC promotes breastfeeding as the optimal infant feeding choice

The WIC Program provides the following. Contact your local clinic to learn more.

Breastfeeding Peer Counselors

Lactation Consultants

Classes and Support Groups

Education Materials

Breast pumps for moms.

Mothers who are exclusively breastfeeding get the enhance WIC food package.

24-Hour Breastfeeding Hotline

1-800-833-4642

Gobreastmilk.org