

## Questions?

Just call your local Indiana WIC clinic  
or call 800-522-0874.



Indiana State  
Department of Health

This institution is an equal opportunity provider.

To complete your nutrition education,  
please go to [wichealth.org](http://wichealth.org).

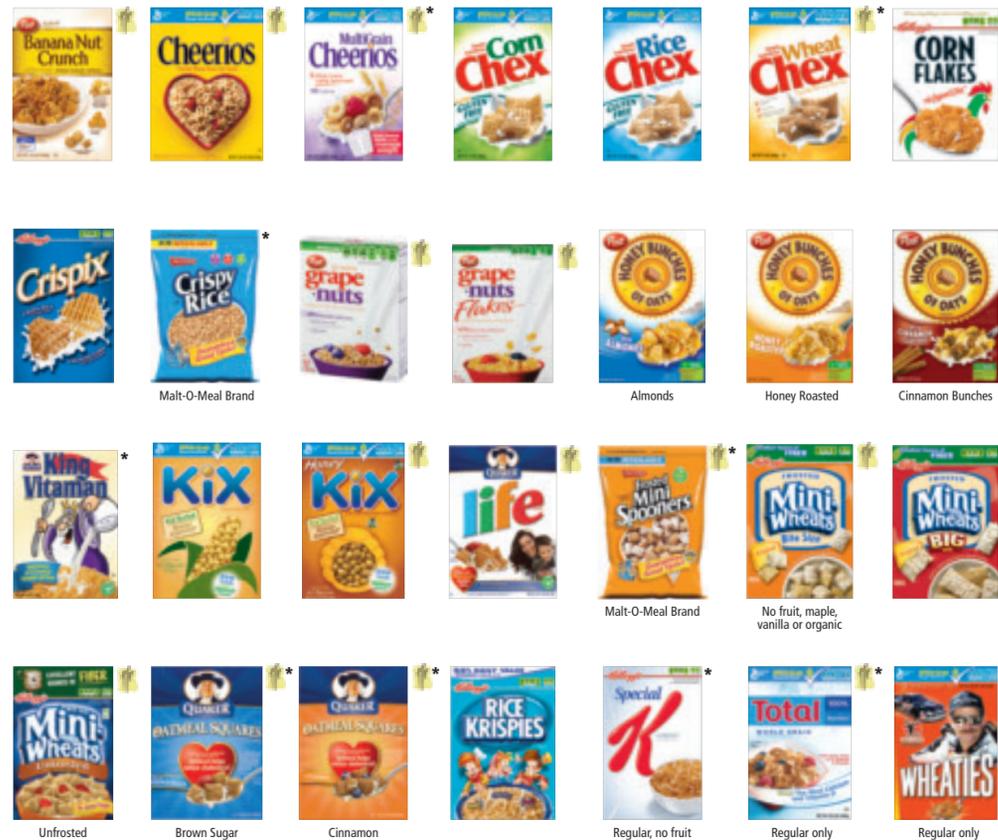
October 2010

## CEREAL

Moms: Look for the \* for cereals with 100% DV (daily value) of folic acid.

**COLD CEREAL, 9 OZ. OR LARGER, ANY COMBINATION NOT TO EXCEED 36 OZ.**

= whole grain \* = folic acid



## HOT CEREAL



## WHOLE GRAINS

**BREAD 16 OZ., SOFT**  
Whole wheat or whole grain loaf.



**NOT INCLUDED:** Buns, rolls, bagels, or bakery.

**BROWN RICE, ANY BRAND, UP TO 16 OZ., PLAIN BOXES OR BAGS, INSTANT, QUICK, OR REGULAR**

**SOFT TORTILLAS, 16 OZ.**  
Corn or whole wheat.



## BREASTFEEDING IS HEALTHY FOR BABIES

Each mother can help her baby develop and grow with her own natural milk. It's a healthy, affordable solution for every mom.

### Healthy for babies

- Best possible nutrition
- Easy to digest
- Reduces risk of SIDS, ear infections, RSV and diarrhea, heart disease, and cancer
- Promotes brain growth
- Always safe and clean

### Healthy for moms

- Promotes weight loss after pregnancy
- Prevents chronic diseases like osteoporosis and cancer
- Always ready at the right temperature

### Great for families

- Helps moms and babies stay healthy
- Healthy moms and babies are more active and ready for play
- Saves time, money and the environment



# Healthy Families Start Here

**WIC APPROVED FOODS**

Effective October 1, 2010

**COMBINE YOUR CEREALS FOR A TOTAL OF 36 OUNCES OR LESS**



## HOW TO USE A WIC CHECK

### 1. Make sure the participant's name is listed.

Contact your local WIC agency if someone else needs to use the WIC check.

### 2. Check the dates.

Date must be the same as or after the "First Day to Use" and before or the same as the "Last Day to Use."

### 3. Choose the items you want to buy from the "Authorized Food" list on the WIC check.

Look for WIC approved items in this booklet.

### 4. Group WIC foods together according to what is listed on each check.

Keep WIC foods separate from any other foods you may buy.

### 5. After scanning your items, the cashier will write in the total amount of your WIC foods.

### 6. The cashier will hand the check back for you to sign.

Never sign a WIC check before the "Actual \$ Amount" has been filled in.

### 7. Show the cashier your WIC ID Folder.



Look for matching blue shelf tags located by many WIC approved items.

## INFANT CEREAL

As listed on check.

### 8 OZ. BOX GERBER ONLY, ANY GRAIN OR MULTIGRAIN

**NOT INCLUDED:** Canned, formula, fruit, organic or variety packs, DHA.



## INFANT FORMULA



Enfamil  
Gentlease  
12 oz. powder



Enfamil  
Premium Infant  
12.5 oz. powder  
13 oz. concentrate  
32 oz. ready-to-use



Enfamil  
ProSobee  
12.9 oz. powder  
13 oz. concentrate  
32 oz. ready-to-use

## BABY FOOD

### 4 OZ. GLASS JARS, BEECH-NUT (FRUIT OR VEGETABLE ONLY)

Includes single ingredient or combination of single ingredients (e.g., apple-banana).

**NOT INCLUDED:**

- Mixtures with cereal, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles)
- Organic, added sugar, starch, salt, or DHA



### 2.5 OZ. GLASS JARS, BEECH-NUT (MEAT ONLY, MAY INCLUDE BROTH OR GRAVY)

Available items:

- Turkey and Broth
- Chicken and Broth
- Beef and Broth

## MILK

### FLUID MILK

White only, type and size specified on check.

- Whole or Vitamin D
- Reduced-fat (2%), low-fat (½ or 1%), or fat-free (skim)

### SPECIALTY MILK (as specified on check)

- Evaporated – 12 oz.
- Lactose-free (quart or ½ gallon)\*
- Sweet acidophilus (½ gallon)
- UHT
- Powder 9.6 oz. or 25.6 oz.

\*Two one-quart cartons may be substituted for ½ gallon to obtain the maximum amount on the check.

**NOT INCLUDED:** Flavored, imitation, organic, non-dairy, soy, buttermilk, Milnot, or Vitamite.

## BEANS, PEAS, AND LENTILS

- DRY 1 LB. BAG
- CANNED, ANY COMBINATION NOT TO EXCEED 64 OZ.

- Fat Free Refried
- Kidney (may have a small amount of sugar)
- Garbanzo (Chick Peas)
- Navy
- Great Northern
- Black

**NOT INCLUDED:** Boxed, baked beans, wax beans, organic, soups, added sugars, fats, oils, or meats.

## FRUITS AND VEGETABLES

Dollar amount specified on Cash Value Voucher.

### FROZEN

Any variety of frozen fruits without added sugar.

Any variety of frozen vegetables except white potatoes and without added sugar, oils or fats; herbs or spices; creams or sauces; breading.

### FRESH WHOLE OR CUT (INCLUDES PLAIN BAGGED)

**NOT INCLUDED:** Red, Yukon Gold, Russet and other kinds of white potatoes (orange yams and sweet potatoes are allowed); pickled vegetables; olives; herbs or spices; creamed or sauced vegetables; nuts; salad bar items; breaded vegetables; edible blossoms; or party trays with dip, dressing, or croutons.

## JUICE

Size is specified on check.

### 64 OZ. PLASTIC, GLASS, OR REFRIGERATED PAPER CONTAINERS

100% juice (fruit or vegetable) and at least 120% Vitamin C. For Children Only.



Any flavor



Any 100% Juice—  
except Premium



Grape (purple),  
red or white only



Regular or low  
sodium only



Regular or low  
sodium only



Any brand



Any brand



Hy-Top,  
Indian Summer,  
Lucky Leaf,  
Musselman's,  
Seneca

**NOT INCLUDED:** Beverages, cocktail juices, fruit drinks, juice drinks, or organic juices.

### 11.5 OZ. – 12 OZ. FROZEN CONCENTRATE

100% fruit juice and at least 120% Vitamin C. For Women Only.



Any flavor



Any flavor



Any flavor



Any flavor



Any brand



Any brand



Any flavor with  
yellow tab



Any flavor with  
green tab

### 11.5 OZ. – 12 OZ. NON-FROZEN CONCENTRATE

100% fruit juice and at least 120% Vitamin C. For Women Only.



Any flavor



Any flavor

## PEANUT BUTTER

### 18 OZ. JARS ONLY, REGULAR OR CRUNCHY

**NOT INCLUDED:** Spread, organic, mixed with jelly, marshmallow, or honey.

## CHEESE

### 8 OZ. TO 16 OZ., NOT TO EXCEED 16 OZ.

Choose regular, light, low-fat, or fat-free; block, sliced, shredded, bagged, cubed, string, stick, or crumbles.

Any of the following flavors or combinations of flavors:

- American – pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

**NOT INCLUDED:** Cheese food, product, substitute or spread, deli, imitation, spiced, flavored, organic, imported, or any size smaller than 8 oz.

## EGGS

### 1 DOZEN, ANY SIZE, WHITE OR BROWN

**NOT INCLUDED:** Low cholesterol, organic, cage free, or free range.

## FISH

For fully breastfeeding moms.

### UP TO 30 OZ., ANY SIZE, CAN OR POUCH, PACKED IN WATER OR OIL

- Light Tuna
- Pink Salmon
- Sardines

**NOT INCLUDED:** Albacore tuna, King Oscar sardines, or organic.