

Nevada and ITCN WIC Nutrition Program

Nevada WIC APPROVED FOOD LIST

Effective February 1, 2019

WIC FOODS	DETAILS
Fruits and Vegetables	<ul style="list-style-type: none"> • Any brand and variety of fresh, frozen, or canned fruits and vegetables • Prepackaged fruits and vegetables are allowed • Whole, cut, or mixed fruit and vegetables • Bagged salad-No kits with added dressings, nuts, croutons, cheese, etc. • Canned beans are not to be purchased using the fruits and vegetables CVB (Cash Value Benefits). Canned beans are under the legume category • Organic is allowed <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Dried fruits and vegetables • Added sugar, fats or oils • Added sauces, dressings or creamed vegetables • Fruit leathers or fruit roll-ups • Added rice, meat, pasta, nuts or noodles • Pickled vegetables • Edible blossoms and/or flowers e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed) • Breaded or battered vegetables • Fruits and vegetables from the salad bar • Fruit baskets • Party vegetable trays • Ornamental or decorative fruits or vegetables such as chili peppers on a string, garlic on a string, gourds, painted pumpkins • French fries, tater tots, etc. <p>*Canned refers to processed food items in cans or other shelf-stable containers (e.g. jars, pouches).</p>
100% Whole Wheat Bread	<ul style="list-style-type: none"> • Loaf of bread • 16 oz. packages only • Whole wheat must be the first ingredient listed on the packaging

	<p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic • Light bread • Buns or rolls
<p>Brown Rice</p>	<ul style="list-style-type: none"> • 16 oz. bags or boxes allowed • Instant, Quick, or Regular Cook Time • Short or Long Grain <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Bulk packages • Ready to serve • Boil in a bag
<p>Tortillas</p>	<ul style="list-style-type: none"> • Whole wheat and corn only • 16 oz. packages only • Whole grain must be the first ingredient listed on the packaging • Brands & type: <ul style="list-style-type: none"> • Kroger - Whole Wheat • Romero - Corn • Romero - Whole Wheat • La Banderita - Whole Wheat • La Banderita - Corn • La Burrita - Corn • Chichi's - White Corn • Carlita - Corn • Carlita - Whole Wheat • Ortega - Whole Wheat • Chichi's - Whole Wheat • Guerrero - Corn • Guerrero - Whole Wheat • MiCasa - Whole Wheat • Mission - Corn • Mission - Whole Wheat • Don Pancho - White Corn • Don Pancho - Whole Wheat • Marcela Valladolid - Corn • Pepito - Corn • Pepito -Whole Wheat • Santa Fe - Yellow Corn • Santa Fe - Whole Wheat • Santa Fe - White Corn • El Buen Gusto - Whole Wheat • Cardenas Ranchera - Maiz Blanco • Tia Rosa - Corn, Yellow • Tia Rosa - Corn

	<ul style="list-style-type: none"> • Tia Rosa - Whole Wheat • Ranchera - Corn • Celiac Whole Wheat • Celiac Corn <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic
Whole Wheat Pasta	<ul style="list-style-type: none"> • 16 oz. packages only • 100% Whole Wheat • Shapes: bows, elbows, penne, rotini, shells, spaghetti, and spirals.
Tofu	<ul style="list-style-type: none"> • Plain, calcium-set tofu, which is: • Firm or medium • <u>16 oz. only</u>, refrigerated, water-packed only • Brands: <ul style="list-style-type: none"> ▪ Asumaya ▪ House Premium <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic
Soy Beverage	<ul style="list-style-type: none"> • Pacific Ultra Soy, Plain, shelf stable • Pacific Ultra Soy, Vanilla, shelf stable <ul style="list-style-type: none"> ▪ Quart size (32 oz. container) • 8th Continent Soymilk, Original or Vanilla <ul style="list-style-type: none"> ▪ Half Gallon (64 oz. container) • Silk Soymilk Original <ul style="list-style-type: none"> ▪ Half Gallon (64 oz. container)
Baby Food: Fruits and Vegetables	<ul style="list-style-type: none"> • Beech Nut, Gerber, Happy Naturals, Mom 2 Mom, Mom's Natural Choice, Parents Choice and Tippy Toes • <u>Step 2 or 2 ½ only</u> • Single fruits and/or combinations of fruits in 3.5-4 oz. containers • Single vegetables and/or combinations of vegetables in 3.5-4 oz. containers <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic • Added DHA, sugars, starches or salts • Desserts or dinners
Baby Foods: Meats or Poultry	<ul style="list-style-type: none"> • Beech Nut, Gerber, Happy Naturals, Mom 2 Mom, Mom's Natural Choice, Parents Choice and Tippy Toes • <u>Step 1 or Step 2</u> • <u>2.5 or 4 oz. containers</u> • Added broth or gravy allowed

	<ul style="list-style-type: none"> • Meats: <ul style="list-style-type: none"> ▪ Beef ▪ Chicken ▪ Ham ▪ Lamb ▪ Turkey ▪ Veal <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic • Added DHA, sugar or salts • Infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs)
<p>Milk</p>	<p><u>Least expensive brand</u> of these types of unflavored, pasteurized non-organic milk in quarts, half gallons and gallons:</p> <ul style="list-style-type: none"> • Whole (3.5%), reduced (2%), low fat (1%) or non-fat (fat-free) <ul style="list-style-type: none"> ▪ Vitamin A and D fortified • Acidophilus • Lactose-free and lactose-reduced (e.g. Lactaid) • Fluid shelf stable (UHT) • Dry Vitamin A and D fortified • Evaporated milk: calcium fortified • Fresh or evaporated goat’s milk <p>*Milk can be sold in quarts, half-gallons and gallon</p>
<p>Cheese</p>	<p>Any brand of these types of domestic cheese (or combination of the listed types) in 16 oz. packages only made from 100% pasteurized non-organic milk:</p> <ul style="list-style-type: none"> • Cheddar • Colby • Longhorn Style • Jack • Mozzarella (regular or string) • Pasteurized Processed American • Regular, reduced fat, low fat, or fat free <p>Cheese may be:</p> <ul style="list-style-type: none"> • Blocked, sliced, or mixed <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic • Individually wrapped slices • Imported cheeses • Deli cut-to-order • Shredded cheese • Cheese food products spread or flavored cheeses

<p>Yogurt</p>	<p>Container size</p> <ul style="list-style-type: none"> • 32 oz containers • 16 oz containers or multipacks that add up to 16 oz • 4 oz containers <p>Allowable Types</p> <ul style="list-style-type: none"> • Whole • Non-fat • Low-fat • Greek • Non-Dairy <p>Flavors</p> <ul style="list-style-type: none"> • Plain, Vanilla, Fruit Flavors <p>No:</p> <ul style="list-style-type: none"> • Drinkables • Organic yogurts • Dessert flavors (e.g. cotton candy) • Yogurts in tube • Yogurt with fruit on the bottom • “Light” yogurts • Artificial sweeteners • Mix-ins (granola, candy, nuts, etc.) • Whipped yogurts
<p>Eggs</p>	<p>Least Expensive Brand</p> <ul style="list-style-type: none"> • Grade AA • White • Dozen only • <u>Chicken eggs</u> only • Large (substitution of medium size eggs is allowed only when large eggs are not available) <p>Not allowed:</p> <ul style="list-style-type: none"> • Extra-large, Jumbo, Brown, Fertile, Free-Range, Cage-Free, omega-3, organic or with added vitamins or minerals, Eggland’s Best

<p>Canned/Dried beans, peas, or lentils</p>	<p><u>Dried Beans:</u></p> <ul style="list-style-type: none"> • Any brand • 16 oz. bag <p><u>Canned Beans:</u></p> <ul style="list-style-type: none"> • 14-16 oz. cans • Any brand • Black • White • Cannellini • Butter • Great Northern • Lentils • Chickpeas • Lima • Red • Black-eyed peas • Kidney • Navy • Pinto • Fat-free refried beans regular or low sodium <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic • Added fats, oils or meats • Baked or pork and beans • Soup mix • Green or wax beans • Frozen green peas • Flavored beans (Cajun style, BBQ, ranch-style, chili beans, snap beans, orange beans, etc.) • Added sugars
<p>Peanut Butter</p>	<p>Any brand of these types of non-organic peanut butters in 16 to 18 oz. containers:</p> <ul style="list-style-type: none"> • Creamy • Chunky • Extra chunky • Salted or unsalted <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Peanut “Spreads” • Added jelly, jam, honey, reduced fat, chocolate or marshmallows • Organic
<p>Cereal</p>	<p><i>12 oz. boxes or larger 36 oz. box maximum</i></p> <p><u>Cold cereals:</u></p> <ul style="list-style-type: none"> • Malt O Meal

	<ul style="list-style-type: none"> ▪ Frosted Mini Spooners ▪ Strawberry Cream Mini Spooners ▪ Blueberry Mini Spooners ▪ Crispy Rice • General Mills Cheerios Regular • General Mills Multi Grain Cheerios • General Mills Total Whole Grain • General Mills Kix <ul style="list-style-type: none"> ▪ General Mills Honey Kix ▪ General Mills Berry Berry Kix • General Mills Chex <ul style="list-style-type: none"> ▪ Wheat ▪ Corn ▪ Rice ▪ Multi Grain • Kellogg's Corn Flakes • Kellogg's Frosted Mini-Wheats Regular or Bite Size • Kellogg's Crispix • Post Banana Nut Crunch • Post Bran Flakes • Post Grape Nuts (regular only) • Post Honey Bunches of Oats <ul style="list-style-type: none"> ▪ Honey Roasted ▪ Vanilla Clusters ▪ Almonds • Quaker Oats Life (regular only) <p><u>Hot:</u></p> <ul style="list-style-type: none"> • Malt O Meal <ul style="list-style-type: none"> ▪ Original Hot Wheat Cereal ▪ All Natural Creamy Hot Wheat Cereal ▪ Farina Hot Wheat Cereal • Mom's Best <ul style="list-style-type: none"> ▪ Naturals Quick Oats • Better Oats <ul style="list-style-type: none"> ▪ Good 'n Hearty ▪ Classic ▪ Maple & Brown Sugar ▪ Apples and Cinnamon • Quaker Oats Oatmeal <ul style="list-style-type: none"> ▪ Instant Mix n Eat, regular flavor only • Nabisco Cream of Wheat (Any cooking time except instant) • Nabisco Cream of Wheat Whole Grain
Infant Cereal	<ul style="list-style-type: none"> • <u>8 oz. boxes of dry Gerber or Beechnut infant cereal.</u> (unless otherwise specified on the shopping list) <ul style="list-style-type: none"> ▪ Whole wheat

	<ul style="list-style-type: none"> ▪ Barley ▪ Rice ▪ Oatmeal ▪ Whole grain ▪ Multigrain ▪ Mixed grain <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Organic • DHA • Single serving • Added fruit, added milk, infant formula or other non-cereal ingredients
<p>Juice - 64 oz. bottles or carton, single strength</p> <p>Note: This container size is for children only</p>	<p><u>100% fruit juice, unsweetened and pasteurized</u></p> <ul style="list-style-type: none"> • Apple Juice: <ul style="list-style-type: none"> ▪ Seneca Apple (Red Label only) ▪ Tree Top Apple (Green Label only) ▪ Juicy Juice Apple ▪ Juicy Juice Apple Raspberry ▪ Juicy Juice Apple Banana ▪ Langer’s Apple Juice ▪ Langer’s Apple Cranberry Juice • Grape: <ul style="list-style-type: none"> ▪ Welch’s White Grape, Purple Grape or Red Grape ▪ Juicy Juice Purple Grape or White Grape ▪ Langer’s Red Grape, White Grape or Purple Grape • Orange and Pineapple: <ul style="list-style-type: none"> ▪ Least expensive brand ▪ Must contain at least 120% of Daily Value (DV) for Vitamin C per 8 oz. serving • Vegetable: <ul style="list-style-type: none"> ▪ V8 • Campbell’s Tomato • Campbell’s Low Sodium Tomato • Other Flavors: <ul style="list-style-type: none"> ▪ Juicy Juice Cherry ▪ Juicy Juice Berry ▪ Juicy Juice Strawberry Banana ▪ Juicy Juice Kiwi Strawberry ▪ Juicy Juice Orange Tangerine ▪ Juicy Juice Punch ▪ Juicy Juice Strawberry Watermelon • Langer’s Ruby Red Grapefruit
<p>Juice – 11.5 or 12 oz. cans, frozen or “pourable” concentrate</p>	<p><u>100% fruit juice</u></p> <ul style="list-style-type: none"> • Apple Juice: <ul style="list-style-type: none"> ▪ Seneca (Red label only)

<p>Frozen and pourable juices reconstitute to 48 fluid oz. Note: This container size is available to women only.</p>	<ul style="list-style-type: none"> ▪ Tree Top (Green label only) ▪ Juicy Juice Apple ▪ Langer’s Apple Juice <ul style="list-style-type: none"> • Grape: <ul style="list-style-type: none"> ▪ Welch’s White Grape ▪ Welch’s Purple Grape ▪ Welch’s White Grape Cranberry ▪ Welch’s White Grape Raspberry ▪ Welch’s White Grape Pear ▪ Welch’s White Grape Peach • Orange and pineapple: <ul style="list-style-type: none"> ▪ Least expensive brand ▪ Must contain at least 120% of Daily Value (DV) for Vitamin C per 8 oz. serving • Other Flavors: <ul style="list-style-type: none"> ▪ Juicy Juice Berry ▪ Juicy Juice Punch <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Fruit drinks • Sodas • Other beverages that are not 100% juice, nectar or cocktail
<p>Canned Fish</p>	<ul style="list-style-type: none"> • <u>Tuna: any brand</u> <ul style="list-style-type: none"> ▪ Packed in water ▪ Chunk light ONLY ▪ 5 oz. cans or larger ▪ Must be light tuna <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Albacore • Solid • Low Sodium • Pouches <ul style="list-style-type: none"> • <u>Sardines: Any Brand</u> <ul style="list-style-type: none"> ▪ 3.75 oz. cans or larger ▪ Packed in water, oil, mustard or ketchup <p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Added seasonings • Pouches or organic

All stores are required to meet the WIC minimum stock requirements at all times.