

**COLD CEREALS**



**Approved Brands of Corn Flakes, Crispy Rice & Frosted Shredded Wheat**

**Flavorite:** Corn Flakes, Crispy Rice, Frosted Shredded Wheat

**Fred Meyer/Kroger:** Corn Flakes, Crispy Rice, Frosted Shredded Wheat

**IGA:** Corn Flakes, Crispy Rice, Frosted Shredded Wheat

**Malt-O-Meal:** Crispy Rice, Frosted Mini Spooners

**Ralston:** Corn Flakes, Crispy Rice, Frosted Shredded Wheat

**Safeway:** Corn Flakes, Crispy Rice, Frosted Shredded Wheat

**Western Family:** Corn Flakes, Crispy Rice, Frosted Shredded Wheat

**Great Value:** Corn Flakes, Crispy Rice

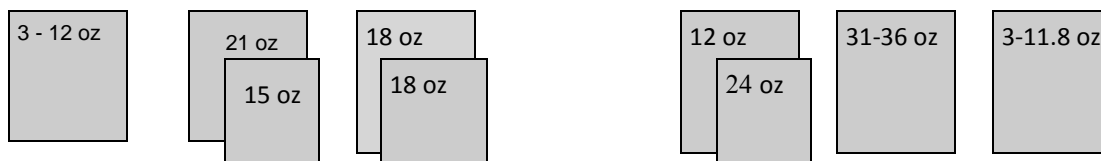
**HOT CEREALS - No added fruit**



Only cereals on this list allowed. Min pkg size 12 oz for cold cereal and 11.8 oz for hot cereal.

Any combination of hot and cold cereals up to 36 oz. total. No single serving boxes or packets (except Quaker Instant Oatmeal & Original Cream of Wheat).

**Ways to Buy 36 oz. of Cereal**



**BEANS**

Any type/brand: mature dry beans, peas, lentils, or mixed in 16 oz package. Canned: any type/brand of mature beans, regular or low sodium. Minimum sugar added for processing allowed. Up to 64 oz of canned beans may be substituted for 16 oz dry.

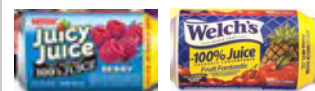
**NOT ALLOWED:** Immature beans, green peas, green beans, snap peas, orange beans, wax beans, baked beans (unless specified on warrant), pork & beans, beans containing added sugars, fats, meats or oil. No bulk, organic products or bean soup mix.

**JUICE - No 46 oz Plastic Containers**

Must be 100% juice with 120% of Daily Value Vitamin C per 8 oz. serving.

JUICE FLAVOR	12 oz Frozen Conc woman or 16 oz. child	46 oz Can woman or 64 oz plastic child
 <b>APPLE</b>	Flavorite, Fred Meyer Great Value IGA, Safeway Seneca, Treetop Western Family	Great Value, Seneca Treetop Western Family
 <b>ORANGE</b> (Regular, Pulp Free, Added Pulp, Country Style, Low Acid, Calcium Fortified)	Flavorite Fred Meyer Great Value, IGA Minute Maid (Blends Allowed) Safeway Western Family	Flavorite, Great Value Safeway Western Family
 <b>GRAPEFRUIT</b>	Great Value, Minute Maid IGA, Safeway Western Family	Great Value, IGA, Kroger Safeway, Texsun Western Family
 <b>PINEAPPLE</b>	Dole (100% Juice Blends allowed)	Dole, Fred Meyer, Great Value IGA, Safeway Western Family
 <b>GRAPE</b> (white, purple or blends)	Welchs (yellow pull strip only)	Welchs (46 oz Plastic Bottle is OK for Welch's Grape)
 <b>TOMATO / VEGETABLE</b>	N/A	Flavorite Fred Meyer Great Value, IGA Safeway, Western Family  Campbells Tomato & V8 (Reg or Low Sodium)  V8 also in Calcium Enriched & Essential Antioxidants)
<b>JUICE BLENDS Any Flavor (100% Juice)</b>	Dole Old Orchard	Not Allowed

**Juicy Juice & Welch's 100% Juice Pourable Concentrates Any Flavor - 11.5 oz. (women only)**



## MILK



**Must buy least expensive brand and largest size available. Quart container allowed only if listed on warrant.**

Fresh milk warrant: allows fresh whole, skim, nonfat, 1% low fat, light, 2% reduced fat, calcium or protein fortified, acidophilus and buttermilk.

UHT (shelf stable) or ultra pasteurized milk **only if no other type of fresh milk is available.**

Lactose free or reduced (for example, Lactaid), evaporated, dry, or goat milk : **only if printed on warrant**

**NO** chocolate, or other “non dairy”, fruit-flavored or organic milk;

**NO** containers smaller than 1 half gal unless printed on warrant or UHT is only type available.

## SOY BEVERAGE

Brands and forms listed below authorized **only** if soy beverage is listed on warrants.

**Brands Allowed:** Pacific Natural Foods Ultra Soy: Plain or vanilla flavored. Quart size; Shelf-stable (UHT)

8th Continent: Plain only. Half gallon size only; refrigerated

## CHEESE - Package size 16 oz. or larger only; 16 oz. = 1 lb.

**Must buy least expensive brand**



Domestic American, Kraft Deluxe American loaf, Cheddar (mild or medium only), Colby, Colby-Jack, Monterey Jack, Mozzarella (regular only) and Swiss. Low fat and/or low sodium allowed.

ONLY sliced cheese allowed is American (can be individually wrapped)

**NO** cheese food, product or spread; shredded, grated, string, sharp or extra sharp, imported, deli, organic, soy, goat, or raw. **NO** cheese with flavorings or added ingredients.

## EGGS - Small, medium, or large

Any eligible brand. Maximum quantity printed on warrant, but may buy less. **NO** brown, extra large, jumbo, low-cholesterol, organic, Eggland's Best Brand, “Naturally Nested” or free range eggs.

### FISH

Canned pink salmon: 14.75, 7.5, 6, and 5 oz. Skin and bones allowed

Canned tuna: plain: 6.25 oz. or less packed in water, **NO** Albacore or white.

Sardines: 3.75 and 15 oz, water or oil packed, (added flavors allowed). Skin and bones allowed.

### PEANUT BUTTER

Least Expensive brand peanut butter, 16-18 oz. jar, low sodium, low sugar or natural are allowed.

**NO** low-fat, organic, Honey Roasted, bulk, grind your own, or peanut butter with added marshmallows, jelly or honey.

## BABY FOODS

### Baby Fruits and Vegetables

HOW TO BUY	
<b>64 oz</b> (Fruit & Veg)	16 (4 oz) jars
	<b>OR</b> 10 (6 oz) jars
	<b>OR</b> 9 (7 oz) 2-packs
<u>May substitute up 2 lbs bananas:</u> 8 oz fruit/vegetable = 1 lb bananas	
<b>17.5 oz</b> (Meats)	7 (2.5 oz) jars
<b>20 oz</b> (Meats)	8 (2.5 oz) jars

**FRUITS AND VEGETABLES:** Stage 2 and 3 Fruits and Vegetables without added ingredients, such as DHA, organic) 4 oz, 6 oz, or 3.5 oz 2-packs (net weight 7 oz):

**Beech-Nut, Gerber, Nature's Goodness:** “single fruit” varieties only for example – apple-sauce, peaches, pears, bananas, etc. **NOT ALLOWED:** guava, mango, papaya.

**Beech-Nut and Gerber, Nature's Goodness:** “single vegetable” varieties only such as butternut squash, golden sweet potatoes, sweet carrots, sweet peas, young green beans, etc.

Banana can replace infant fruit: 1 lb bananas = 8 oz fruit  
May substitute up to 2 lb bananas



**BABY FOOD MEATS:**

**Gerber and Beechnut 2.5-oz 2nd Foods:** Beef & Beef Gravy, Chicken & Chicken Gravy, Ham & Ham Gravy, Turkey & Turkey Gravy, Veal & Veal Gravy.

**Baby Cereal**

Package size 8 oz or 16 oz only. Any combination of allowed cereal: Barley, Oatmeal, Rice, or Mixed, Multi-grain.

**NOT ALLOWED:** Added fruit or single serving boxes, infant cereal in jars. No cereals with DHA/ARA.



**Purchase only the quantity of boxes printed on warrant.**

## TOFU



Brands allowed: Azumaya silken and lite silken, Nasoya silken and lite silken, House premium silken, premium medium, premium firm, and premium extra firm, and Westsoy lowfat and firm; 14-16 oz. Must be calcium-set. Refrigerated or shelf-stable. Includes organic. **NOT ALLOWED:** added fats, sugars, oils, or sodium.

## WHOLE GRAINS

**Amount up to 16-32 oz. as listed on WIC warrants. Any combination of bread, rolls, rice and/or tortillas up to the amount listed for whole grains. Vendors must stock two of the three types of whole grain products.**

**Whole wheat bread, buns & rolls:** As listed below. No diet, light, or gluten-free. May be purchased with tortillas and/or brown rice to add up to total amount on warrant.

Alaska Golden Pride 100% whole wheat (ww) bread 24 oz.  
Fred Meyer (FM) 100% ww hamburger rolls 14 oz.  
Franz Oregon Trail 100% ww bread 26 oz.  
Kroger Country Oven Sandwich Bread 100% ww 24 oz.  
Nature's Pride 100% ww bread 20 oz.  
Oroweat 100% ww dinner rolls 14 oz.  
Oroweat 100% ww hamburger buns 21 oz.  
Oroweat 100% ww bread 24 oz.  
Safeway 100% ww bread 22 oz.  
Sara Lee 100% ww bread w/ honey 24 oz.  
Wonder Stone ground 100% ww bread 24 oz.  
Cascade Pride 100% Stone Ground Wheat bread 24 oz.  
**Rubschlager European Style Whole Grain bread 16 oz.**

Country Oven 100% ww dinner rolls 18 oz.  
Franz 100% ww bread 24 oz.  
Great Value 100% ww bread 20 oz.  
Nature's Pride 100% ww bread 20 oz.  
Oroweat 100% ww buns 10 oz.  
Oroweat 100% ww hot dog buns 14 oz.  
**Fred Meyer 100% whole wheat bread 16 oz.**  
Safeway 100% ww dinner rolls 20 oz.  
Sara Lee Soft and Smooth 100% ww bread 20 oz.  
Sara Lee Hearty and Delish 100% ww bread 24 oz.  
**Roman Meal 100% whole wheat bread 16 oz.**  
**Rubschlager 100% whole wheat bread 16 oz.**

**Tortillas:** White or Yellow Corn: 100% whole grain; up to 16 oz package; Don Pancho, La Burrita, Reser's, and Mission brands only. May be purchased with brown rice and/or whole grain bread to add up to total amount on warrant.

**Whole Wheat Tortillas**-up to 16 oz, soft only. Package must say "Whole Wheat" or "100% Whole Wheat" on label. Don Pancho, La Burrita, Reser's, and Mission brands only. May be purchased with brown rice and/or whole grain bread to add up to total amount on warrant.

**Brown Rice:** Any brand, plain brown rice in boxes or bags. May be instant, quick or regular cooking, long or short grain. Participants can buy up to total ounces listed on WIC warrants. This may be purchased with tortillas and/or whole grain bread to add up to total amount on warrant. No fats, oils, sodium, or sugars. No bulk.

## FRUITS & VEGETABLES: Fresh, canned, or frozen

**Fruits and vegetables can be purchased with Fruit and Vegetable Vouchers (FVV).**

**A FVV has a set dollar amount. Participants can pay additional amount above value of FVV.**

**No change can be given for lesser purchases. Any container is allowed for canned or frozen fruits/vegetables.**

### Fresh Fruits and Vegetables

**ALLOWED:** Any variety or combination; whole or cut, bagged salads and vegetables, sweet potatoes and yams, squash such as acorn, butternut, hubbard, kabocha, etc. May purchase organic.



### Canned Fruits

**ALLOWED:** Any variety/brand, size container and type of canned fruits; packed in water or juice without added sugar. Natural or unsweetened applesauce. Any plain fruit or fruit mixture without added sugar. May purchase organic.

### Canned Vegetables

**ALLOWED:** Any variety/brand and container size. Sweet potatoes and yams without added sugar or syrup. Regular or low sodium. Fruit and vegetable mixture without potatoes. Salsa and spaghetti sauce allowed if 100% vegetable. May purchase organic.

### Frozen Fruits

**ALLOWED:** Any variety/brand without added sugar, any size container, fruit mixture. May purchase organic.

### Frozen Vegetables

**ALLOWED:** Any variety/brand, any size container, or mixture of vegetables without potatoes; any kind of beans such as green beans, wax beans, black-eyed peas, lentils, black beans or pinto beans; sweet potatoes or yams without added sugar or syrup. May purchase organic.

**NOT ALLOWED:** No added salt, sugars, fats/oils, grains (pasta, rice, etc.) or meat. No white, red, purple, gold, etc. potatoes or potato products. No dried. No catsup or other condiments, pickled vegetables, olives, soups, pizza sauce, etc. No herbs or spices. No edible blossoms, fruit-nut mixtures, fruit leathers, fruit rollups or juice. No gourds or ornamental squashes used for decorations. No canned legumes (may use legume allowance instead). Cut fruits or vegetables may not be from salad bars or party platters.

Commonly used canned vegetables include green beans, carrots, corn, spinach, tomatoes, peach, pears, pineapples, Mandarin oranges, and grapefruit ♣ Frozen: carrots, corn, broccoli, spinach, cauliflower, red /yellow/orange peppers, okra, strawberries, blueberries, raspberries, etc.



Alaska WIC Program

Revised 9/24/09

**Alaska WIC Food List  
October 1, 2009**

My WIC Clinic is at:



**Shopping with WIC Warrants**

**My Next Appointment is on:**

Date	Time	Reason	What to Bring
			<input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____
			<input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____
			<input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____
			<input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____

**Keep this list and bring it to every visit.  
Call your WIC clinic if you are unable to keep your  
scheduled appointment.**



**Using Fruit & Vegetable Vouchers (FVV)s**

1. A FVV is a voucher/warrant/check for a set dollar amount that can be redeemed for the purchase of fruits and vegetables.
2. See page 3 of the food list for allowed items.
3. If your purchases go over the dollar amount on the FVV, you can pay the difference by using cash, credit, debit, or Food Stamp EBT card.
4. FVV's can be combined and used to pay a single purchase. However, no change can be given if your purchase costs less than the value of your FVV.
5. Your FVV's are only good for 30 days, like the rest of your WIC checks.
6. Like other WIC purchases, you cannot return items purchased with a FVV. This is a serious violation.

- ◆ Explain the WIC rules to any alternate who shops for you.
- ◆ Do not sign warrants before you go to the store. Do not make changes to WIC warrants.
- ◆ Check the valid dates in top left corner of warrants - use them only from the first day on the warrants to midnight on the last day.
- ◆ Take your picture ID, WIC warrants, and Alaska WIC Food List to an approved WIC store.
- ◆ Buy only the foods or formula listed on the warrant.
- ◆ Use the WIC Food List to tell which types and brands are allowed. Do not make substitutions.
- ◆ Do not buy more than the amount printed on your warrant. If a warrant has baby formula printed on it, you must buy the whole amount; for other foods you may buy less.
- ◆ At the check stand, separate your WIC foods from other foods and group WIC foods by warrant.
- ◆ Give the cashier your warrants, ID and store coupons (if you are using any).
- ◆ The cashier will ring up the items on each warrant separately and will write the total amount of sale on each warrant.
- ◆ Make sure the total written on the warrant is the same as the total on the cash register receipt.
- ◆ Sign and date the warrant(s) clearly in black or dark blue ink. Black ink is recommended for banking purposes.
- ⌘ **Do not sell, trade or give away WIC warrants, food or formula for money, credit, rain checks or other items.**
- ⌘ **Lost WIC warrants will not be replaced. Treat your WIC warrants like cash.**

***If you break the rules you or your child may be taken off the program, you could face legal charges, or you may have to pay back the program for food or formula you should not have received.***



Alaska Department of Health & Social Services  
Division of Public Assistance  
Family Nutrition Programs—WIC Program  
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(907) 465-3388 phone (907) 465-3416 fax

**WIC is an equal opportunity provider and employer.**