

Fresh & Healthy

Idaho WIC authorized
food list



Effective October 1, 2009 -
September 30, 2010

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

For more information on the Idaho WIC program, call the Idaho CareLine at 2-1-1 or 1-800-926-2588, 1-208-332-7205 (TDD).

www.healthandwelfare.idaho.gov

Helpful Hints

shopping for WIC foods

- You will need your WIC Identification Folder every time you use a WIC check or Cash Value Voucher at the grocery store.
- Choose WIC-approved foods in the amounts listed on your WIC checks or Cash Value Voucher.
- Separate WIC foods from other items you are buying.
- Keep each WIC check's or Cash Value Voucher's food separate.
- Hand your WIC check(s), Cash Value Voucher and WIC Identification Folder to the cashier when you arrive at the checkstand.
- Sign the check or Cash Value Voucher **after** the cashier writes the amount of the purchase on the check or Cash Value Voucher.
- Do not accept cash back or rainchecks.



Look for these shelf tags at the store to help you find authorized WIC products.

Fruits and vegetables



Buy

Any variety whole or cut fresh fruit and vegetables, including organic.

Do Not Buy

Potatoes other than orange yams or sweet potatoes. Items from the salad bar, party trays, fruit baskets, decorative vegetables and fruits, herbs, spices, or nuts. Jarred, frozen, canned or dried. Added ingredients or non fruit/vegetable items.

Quick tips

When buying fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale.
- Round the weight to the nearest pound or half pound.
- Estimate the cost based on the Chart for Purchasing Fresh Produce.
- You may also buy items with a set price.
- Idaho potatoes can be part of a healthy diet. While you can't get white potatoes with your WIC Cash Value Voucher, consider buying Idaho potatoes with your other groceries.

Enjoy several fruits and vegetables every day

Fruits and vegetables

Chart For Purchasing Fresh Produce

Price per lb	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	2.23	3.87	4.52	
1.39	1.39	2.09	2.78	3.48	4.17	4.87	
1.49	1.49	2.24	2.98	3.73	4.47		
1.59	1.59	2.39	3.18	3.98	4.77		
1.69	1.69	2.54	3.38	4.23			
1.79	1.79	2.69	3.59	4.48			
1.89	1.89	2.84	3.78	4.73			
1.99	1.99	2.99	3.98	4.98			
2.09	2.09	3.14	4.18				
2.19	2.19	3.29	4.28				
2.29	2.29	3.44	4.58				
2.39	2.39	3.59	4.78				
2.49	2.49	3.74	4.98				

If you go over the amount of the voucher when using a Cash Value Voucher, ask the cashier about putting something back or paying the difference plus tax. If you do not use the full amount of the voucher, you will not receive cash back.



Enjoy several fruits and vegetables every day

Cereal

Cereal

Buy

Only the cereals pictured here

Do Not Buy

Cold cereal: less than 12 oz. Hot cereal: less than 11.8 oz.



Plain flavor only



Plain flavor only*



Plain flavor only*



Plain flavor only



Plain flavor only



Plain flavor only



Plain flavor only*



Original only*



Honey Roasted only*



Plain flavor only*



Original only



Plain flavor only*



Plain flavor only



Plain flavor only*

* Whole grains

Enjoy whole grains

Cereal

Choose any combination of WIC cereal to total 36 oz or less.

$$\begin{array}{|c|} \hline 18 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 18 \\ \hline \text{oz} \\ \hline \end{array} = 36$$

$$\begin{array}{|c|} \hline 15 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 21 \\ \hline \text{oz} \\ \hline \end{array} = 36$$

$$\begin{array}{|c|} \hline 11.8 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 11.8 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 12 \\ \hline \text{oz} \\ \hline \end{array} = 35.6$$

$$\begin{array}{|c|} \hline 14.5 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 21 \\ \hline \text{oz} \\ \hline \end{array} = 35.5$$

$$\begin{array}{|c|} \hline 16 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 19 \\ \hline \text{oz} \\ \hline \end{array} = 35$$



Enjoy whole grains

Whole grain bread and soft corn tortillas

Whole grain bread and soft corn tortillas

Buy

Only the brands of breads and tortillas pictured here in the amount printed on check.



Oroweat 24 oz
100% Whole Wheat



Oroweat 20 oz
100% Whole Wheat

Franz 16 oz 100% Whole Wheat
(photo not available)



Franz 16 oz 40 Calorie per Slice
100% Whole Wheat



Franz 20 oz
100% Whole Wheat



Franz 24 oz
100% Whole Wheat



Classic Wheat 2 lbs
Premium Whole Grain
or Multi Grain



Sara Lee 20 oz Soft and Smooth
100% Whole Wheat



Sara Lee 24 oz Soft and Smooth
100% Whole Wheat



Sara Lee 16 oz Classic
100% Whole Wheat



Casa Valdez 12 oz
soft corn tortillas



Mission 16 oz (24 count)
yellow corn extra thin tortillas



La Burreta 16 oz
soft corn tortillas

Enjoy whole grains

Whole grain bread and soft corn tortillas

For children: choose any combination of the following to total 32 oz or less.

Two 16 oz loaves of bread = 32 oz

$$\text{16 oz} + \text{16 oz} = 32$$

20 oz loaf of bread + 12 oz package corn tortillas = 32 oz

$$\text{20 oz} + \text{12 oz} = 32$$

16 oz loaf of bread + 16 oz package corn tortillas = 32 oz

$$\text{16 oz} + \text{16 oz} = 32$$

24 oz loaf of bread

$$\text{24 oz}$$



Enjoy whole grains

Peanut butter, dry beans, peas and lentils

Peanut butter

Buy

Any brand of 16 to 18 oz smooth to super crunch.



Do Not Buy

Peanut butter with added ingredients, spreads, honey roasted nut, bulk, organic, or reduced fat.

Dry beans, peas, lentils

Buy

Any brand bagged or bulk plain dried beans, peas, or lentils to total 16 oz or less. Canned beans only if printed on check.



Do Not Buy

Added grains, flavoring, or soup mix.

Quick tips

- Adding one meal/week with beans as the protein source can help your family save money.
- Soak dry beans prior to cooking.
- Cover 1 pound beans with 6 cups water, soak overnight, discard soaking water.



Enjoy iron-rich foods

Juice

Juice for women

Buy

100% single flavor juice pictured below in 11.5 oz or 12 oz frozen concentrate.



You may purchase any brand of orange juice in original, country style, pulp free, calcium/vitamin D fortified.

Orange Juice
100% juice

Juice for children

Buy

100% single flavor juice pictured below in 64 oz plastic bottles.



Original V8

Langer's Pineapple
100% juice

White grape
100% juice

Purple grape
100% juice

Purple grape
100% juice

White grape
100% juice

Apple
100% juice

Apple
100% juice

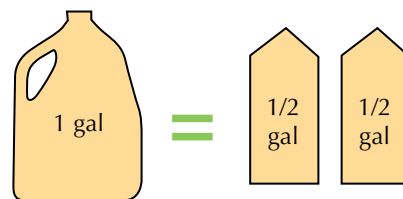
Enjoy small amounts of juice and limit sweetened drinks

Milk

Milk

Buy

Any brand pasteurized, unflavored cow's milk as printed on check.



Buy only if printed on check: quarts, evaporated, powdered, acidophilus, lactose reduced/free, goat's milk quarts, 12 oz evaporated goat's milk, soy milk/beverage.

Do Not Buy

Organic, unpasteurized, rice, half and half, buttermilk, UHT (shelf stable), or powdered goat's milk.

Quick tips

- Whole milk with the red cap is only for children 1 year old up to age 2.
- Low-fat milk = 2%, 1%, skim, reduced fat, nonfat.

Nutrition facts

Keep the vitamins, lose the fat.

- Low-fat milk has the **same** calcium, vitamin D, and protein as whole milk.
- Low-fat milk has **fewer** calories and fat than whole milk.

Enjoy low-fat dairy products

Cheese and eggs

Cheese

Buy

Any brand of 16 oz (1 lb) domestic natural, regular, or low-fat, unsliced vacuum-packed cheese pictured below. Blends of single cheeses allowed except string cheese.



Cheddar
(mild, medium or sharp)



Colby



Swiss



Monterey Jack



Mozzarella String Cheese
(16 oz multi-stick bag of
mozzarella only)



Mozzarella

Do Not Buy

Extra sharp or white cheddar, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, or added ingredients, or 32 oz.

Eggs

Buy

Any brand of small, medium or large white chicken eggs in cartons of 12.

Do Not Buy

Brown, organic, x-large, jumbo, or specialty eggs.



Enjoy low-fat dairy products

Infant cereal, fruits and vegetables

Buy

8 or 16 oz Gerber, Nature's Goodness, or Beechnut cereal that is rice, barley, oatmeal, or mixed.



Do Not Buy

Added fruit, formula, organic, cans, jars, brown rice, or DHA/ARA.

Buy

Any single fruit or combination of plain fruits. Any single vegetable or combination of vegetables in 4 oz Gerber, Nature's Goodness or Beechnut containers.



Do Not Buy

Added ingredients, organic, DHA/ARA, or desserts.

Quick tip

If your baby is ready for table foods, add soft diced fruits or vegetables to infant baby foods.

Babies are meant to be breastfed

Tuna/salmon Infant meats

(For fully breastfeeding women)

Buy

Tuna: any brand 5 or 6 oz chunk or light canned.

tuna fish

Salmon: any brand 5 or 6 oz pink canned.

salmon

Do Not Buy

Tuna: fresh, smoked, albacore, white, fancy white, pouches, snack packs.

Salmon: fresh, Atlantic salmon, red sockeye salmon, pouches or snack packs.

(For fully breastfed infants only)

Buy

*2.5 oz Gerber, Nature's Goodness or Beechnut.
Any variety of meat. Added broth/gravy allowed.*



Do Not Buy

Dinners; added fruit, vegetables or noodles; DHA/ARA or organic.

Babies are meant to be breastfed



**Remember, if the brand is not listed,
you can help WIC by
choosing the lowest cost foods!**



Costs associated with this publication are available from the Idaho Department of Health and Welfare, WIC Program. Form 230E/S. 5/09