

MILK – Pasteurized and Fortified

Generic/Store Brand if available

Milk Benefit Issued	What You Can Buy	What Forms You Can Buy	eWIC Conversion
Lowfat (1%) Non-fat Milk (Skim)	<ul style="list-style-type: none"> Regular Cow's Milk Lactose Free Cow's Milk Meyenberg Goat's Milk 	<ul style="list-style-type: none"> Fluid–Refrigerated 	Gallon = 1 gal
		<ul style="list-style-type: none"> Evaporated/Canned Dry/Powdered 	Half Gallon = 0.5 gal Quart = 0.25 gal 12 oz. evaporated/canned = 0.185 gal (5 cans/gal)
Reduced Fat Milk 2%	<ul style="list-style-type: none"> Regular Cow's Milk Lactose Free Cow's Milk 	<ul style="list-style-type: none"> Fluid–Refrigerated Evaporated/Canned Dry/Powdered 	9.6 oz. dry/powdered = 0.75 gal (4 boxes for 3 gals) 25.6 oz dry/powdered = 2 gals
Whole Milk	<ul style="list-style-type: none"> Regular Cow's Milk Lactose Free Cow's Milk Meyenberg Goat's Milk 	<ul style="list-style-type: none"> Fluid–Refrigerated Evaporated/Canned Dry/Powdered 	12 oz powdered goat milk = 0.75 gal (4 cans for 3 gals)

No flavor added, enhanced or organic milk

CHEESE – Domestic (WIC checks 8 or 16 oz. only)

Block: Store Brand, Cache Valley, Crystal Farms, Dutch Farms or Kraft

String Cheese: Generic/Store Brand Only – 16 oz. only

Regular, low-fat or reduced fat, in 8, 16 or 32 oz. packages

Colby-Monterey Jack	Cheddar
Monterey Jack	Colby
Mozzarella	Swiss

No organic, cheese foods, products, spread, cubed, shredded, sliced, flavor added (i.e. Pepper Jack), imported, service deli, or imitation cheese products

YOGURT

Dannon, Great Value, Kroger, Lucerne, Mountain High, Darigold, Our Family, Western Family, or Yoplait

Buy only the fat type specified on benefit

32 oz. containers (quart)

Plain or Vanilla

No other flavors, fruit added, artificial sweeteners, organic or Greek

SOY BEVERAGE

8th Continent or Silk Soy milk Beverage

½ gal cartons
Original flavor only

Pacific Natural Foods Ultra Soy Beverage

Aseptic Quarts (32 oz. container)
Plain and Vanilla only

TOFU (eWIC only)

Azumaya (extra firm, firm and silken)

16 oz. calcium set blocks

BREAKFAST CEREALS for Women and Children

COLD CEREAL

SPECIFIED BRANDS ONLY

REGULAR FLAVOR UNLESS SPECIFIED

No fruit filled or flavored frosting

No plain shredded wheat biscuits

No fruit added (i.e. Raisin Bran) or honey nut

No organic

Essential Everyday

Bran Flakes[▲], Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat[▲], Rice Squares or Toasted Oats[▲],

Flavorite

Bran Flakes[▲], Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat[▲], Rice Squares or Toasted Oats[▲]

General Mills

Cheerios[▲] (Plain* or Multigrain), Corn Chex^{*}, Kix[▲], Rice Chex^{*}, Total Original[▲], Wheat Chex[▲] or Wheaties Original[▲]

Great Value

Bran Flakes[▲], Crisp Rice, Crunchy Nuggets[▲]
Toasted Corn Flakes, Toasted Oats[▲],

IGA

Bran Flakes[▲], Corn Flakes, Corn Squares^{*}, Crispy Corn and Rice, Frosted Shredded Wheat, [▲], Nutty Nuggets[▲], Rice Squares or Toasted Oats/Tasteos[▲]

Kellogg's

All Bran Complete Wheat[▲], Corn Flakes, Rice Krispies, or Frosted Mini Wheats[▲]

Kroger

Bran Flakes[▲], Corn Bitz, Corn Flakes, Crisp Rice, Frosted Shredded, Wheat[▲], Rice Bitz, or Toasted Oats[▲]

Malt-O-Meal

Crispy Rice, Corn Flakes or Frosted Mini Spooners[▲]

Our Family

Corn Flakes, Corn Biscuits, Toasted Rice Flakes, Frosted Shredded Wheat[▲], Rice Biscuits, Toasted Oats[▲] or Wheat Squares[▲]

Post

Bran Flakes[▲] or Grape Nuts[▲]

Shurfine

Bran Flakes[▲], Corn Flakes, Crisp Rice, Corn Squares, Frosted Shredded Wheat Bite Size[▲], Rice Squares, Toasted Oats[▲] or Crunchy Wheat Squares[▲]

Signature Kitchens

Bran Flakes[▲], Corn Flakes, Corn Pockets, Crispy Rice, Frosted Mini Wheats[▲], Rice Pockets or Toasted Oats[▲]

Western Family

Bran Flakes[▲], Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat[▲], Nutty Nuggets[▲], Rice Squares, Toasted Oats[▲] or Wheat Squares[▲]

HOT CEREAL

Cream of Rice^{*}
Cream of Wheat Regular
Cream of Wheat Whole Grain[▲]
Great Value Quick Farina
Malt-O-Meal Original
Western Family Creamy Wheat Farina

INSTANT OATMEAL – Regular[▲]

Individual Packets Only

11-12 ounce packages
Great Value, IGA, Our Family, Kroger, Safeway, Shurfine or Western Family

No flavored

No large/bulk packages allowed

No organic

WHOLE GRAIN CHOICES (WIC checks 16 oz. only)

WHOLE GRAIN BREAD

100% Whole Wheat

16, 20, or 24 oz. loaf only

Essential Everyday, Franz, Fred Meyer, Great Value, Kroger, Montana's Sweetheart, Our Family, Signature Kitchens, Sara Lee Classic, Smith's, Village Hearth, Wheat Montana

BROWN RICE

Plain, Any brand – box or bag

Brown Rice* – regular cooking 16 or 32 oz.

Brown Rice* – quick or instant cooking 14 – 16 oz.

No organic

TORTILLAS – SOFT

8, 16, 20, 24, or 32 oz.

Yellow Corn – Mission*, La Burreita
White Corn – Don Pancho*, Essential Everyday or Guerrero

Whole Wheat – Don Pancho, Essential Everyday, Guerrero, IGA, Mission, Our Family or Shurfine

WHOLE WHEAT PASTA

100% Whole Wheat

16 oz. only

Barilla, Essential Everyday, Gia Russa, Great Value, Hodgson Mill, Italian Chef, Kroger, Our Family, Racconto, Ronzoni, Western Family
No other organic, enhanced (for example omega-3 added), vegetable pasta or other grains (i.e. quinoa, bulgur or rice)

Whole grain cereals are marked with [▲]
Gluten-free items are marked with *

LEGUME CHOICES

PEANUT BUTTER

Store Brand, Adams, Peter Pan, Jif or Skippy only
 16 – 18 oz. jar
 Unflavored Regular or Natural – smooth or chunky; salted or unsalted
 No jelly, honey, honey roasted, chocolate or marshmallow crème added
 No peanut butter spread or reduced fat
 No organic or enhanced peanut butter

BEANS, PEAS, AND LENTILS (WIC checks 15 – 16 oz. sizes only)

Any brand: dry or canned beans, split peas or lentils
 15 – 16 oz. canned or 16 or 32 oz. dried legumes in packages/bags
 No soup mixes, flavorings or meat added (pork & beans, refried)
 No cans of green or yellow beans
 No organic

CANNED FISH Available to fully breastfeeding women only

Any brand
 5 – 6, 7.5, 12, 14.75, and 20 oz. cans
 Light Tuna – water packed only, light – solid or chunk
 Pink Salmon – water packed only, may contain bones and skin
 No “diet” pack, white, albacore, yellow fin, “vacuum-sealed” packs, flavorings added or red salmon

EGGS

Large – One dozen white “AA” or “A”
 Any Brand
 No organic, enhanced (for example higher amounts of DHA, omega 3s, or vitamin D) or brown eggs

100% JUICE 120% Vitamin C

64 oz. Plastic Bottles or 16 oz. Frozen Concentrate – Children

11.5 – 12 oz. Frozen Concentrate – Women

Brands Allowed—Any Flavor or Blend
 Apple and Eve, Campbell’s, Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Juicy Juice, Kroger, Langers, Minute Maid, Motts, Old Orchard, Our Family, Safeway, Shurfine, V-8, Welch’s and Western Family
 No sugar or water added
 No juice drinks, cocktails or lite juice
 No Fusion (for example V-8)
 No refrigerated
 No organic or DHA added



INFANT FORMULA

Only brand, type and size specified on benefit
 No substitutions at store
 No organic

INFANT CEREAL

Beech-nut or Gerber only
 Plain varieties only: Barley, Corn, Mixed Grain, Oatmeal, Rice or Whole Wheat
 8 and 16 oz. containers are allowed
 No formula, flavoring, or fruit
 No squeezes, pouches, jars or packs
 No organic or DHA

INFANT FOOD MEATS Available to fully breastfed infants only

Beech-nut or Gerber only
 2.5 oz. jars
 Single variety meats only
 May have added broth or gravy
 No squeezes or pouches
 No dinners, meat sticks, organic or DHA

INFANT VEGETABLES/FRUITS (WIC checks 4 oz. single or two in a twin pack only)

Beech-nut or Gerber only
 2.5, 4 or 5 oz. containers, jars or twin packs
 Vegetable and Fruit – single or mixed varieties, all stages
 No squeezes or pouches
 No dinners, desserts, organic or DHA



Vegetables and Fruit Benefit



Fresh Vegetables & Fruits Available to women, children and as a substitute for 9 – 11 month old infants only

Any brand, size or variety
 May be organic
 May be unpackaged or packaged; cut, sliced or chopped containers
 Garlic, sprouts
 No added sugars, fats or oils
 No nuts, including peanuts, fruit/nut mixtures
 No herbs (like basil, cilantro, parsley)
 No spices (like vanilla beans, cinnamon sticks)
 No fresh salsa or guacamole
 No items from the deli counter products, salad bar, party trays, fruit baskets, decorative vegetables and fruits, dried fruit

Frozen Vegetables & Fruits Available to women and children only

Any brand, size, variety, plain or mixed
 May be organic
 Packaging may be bag or box
 May be regular or low sodium
 May be organic
 No vegetables with added sugars, fats, oils or coatings
 No fruits with added sugars or salt
 No sauces (for example cheese) or packets of sauces
 No herbs (like basil, cilantro, parsley) or spices
 No vegetables mixed with pasta, rice, or any other non-fruit or vegetable ingredient

Canned Vegetables & Fruits Available to women and children only

Any brand or size, plain or mixed
 May be organic
 May be water or juice packed
 Plain tomatoes (diced, whole, crushed, puree, paste)
 May be regular or low sodium
Applesauce and Fruit Blends of Applesauce
 Any brand or size
 May be glass jar or plastic container
 No tubes, squeezes, pouches, boxes, bags, cartons, glass or plastic (except applesauce)
 No vegetables mixed with pasta, rice, legumes, or any other non-vegetable ingredients
 No herbs (like basil, cilantro, parsley) or spices
 No sauces, packets of sauces
 No added sugars (including syrup, sucrose, fructose, dextrose, etc.), fats, oils or coatings
 No added salt in fruits

Montana WIC Program - Approved Food List

Questions, call 1-800-433-4298

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