MONTANA WIC PROGRAM
APPROVED FOOD LIST
Effective October 1, 2019
No organic unless specified

MILK – PASTEURIZED AND FORTIFIED

<table>
<thead>
<tr>
<th>Milk Benefit Issued</th>
<th>Types You Can Buy</th>
<th>Forms You Can Buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowfat (1%)</td>
<td>• Regular Cow’s Milk</td>
<td>• Fluid-Refrigerated</td>
</tr>
<tr>
<td></td>
<td>• Lactose Free Cow’s Milk</td>
<td>• Evaporated/Canned</td>
</tr>
<tr>
<td></td>
<td>• Meyenberg Goat’s Milk</td>
<td>• Dried/Powdered</td>
</tr>
<tr>
<td>Non-fat (Skim)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reduced Fat (2%)*</td>
<td>• Regular Cow’s Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Lactose Free Cow’s Milk</td>
<td>No flavor added or enhanced milk</td>
</tr>
<tr>
<td></td>
<td>• Meyenberg Goat’s Milk</td>
<td></td>
</tr>
<tr>
<td>Whole Milk</td>
<td>• Regular Cow’s Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Lactose Free Cow’s Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Meyenberg Goat’s Milk</td>
<td></td>
</tr>
</tbody>
</table>

*Reduced Fat (2%) can only be purchased if assigned on your benefit.

eWIC Conversion

<table>
<thead>
<tr>
<th>Gallon</th>
<th>1 gallon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half gallon</td>
<td>0.5 gallons</td>
</tr>
<tr>
<td>Quart</td>
<td>0.25 gallons</td>
</tr>
<tr>
<td>12 oz. evaporated/canned</td>
<td>0.185 gallons (5 cans/gallon)</td>
</tr>
<tr>
<td>9.6 oz. dry/powdered</td>
<td>0.75 gallons (4 boxes for 3 gallons)</td>
</tr>
<tr>
<td>25.6 oz. dry/powdered</td>
<td>2 gallons</td>
</tr>
<tr>
<td>12 oz. powdered goats milk</td>
<td>0.75 gallons (4 cans for 3 gallons)</td>
</tr>
</tbody>
</table>

BREAKFAST CEREALS FOR WOMEN AND CHILDREN

COLD CEREAL

Specified Brands Only
Regular flavor unless specified
8 - 68 ounces allowed

Essential Everyday
Bran Flakes*, Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat*, Rice Squares, or Toasted Oats*

Food Club
Bran Flakes*, Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat*, Multigrain Toasted Oats*, Rice Squares, or Toasted Oats*

General Mills
Cheerios* (Plain or Multigrain), Cinnamon Cherx, Corn Cherx, Kix*, Fiber One Original Bran, Fiber One Honey Clusters, Rice Cherx, Total Original*, Vanilla Cherx, Wheat Cherx*, or Wheaties Original*

Great Value
Bran Flakes*, Corn Flakes, Corn Squares, Crisp Rice, Crunchy Honey Oats, Crunchy Nuggets*, Frosted Mini-Wheats*, Rice Squares, or Toasted Oats*

IGA
Bran Flakes*, Corn Flakes, Corn Squares, Frosted Shredded Wheat*, Nutty Nuggets*, Rice Squares, or Toasted Oats/Tasteeos*

Kellogg’s
All Bran Complete Wheat Bran Flakes*, Corn Flakes, Crispix, Rice Krispies, or Frosted Mini Wheat’s*

Kroger
Bran Flakes*, Corn Bitz, Corn Flakes, Crisp Rice, Frosted Shredded Wheat*, Rice Bitz, or Toasted Oats*

Malt-O-Meal
Crispy Rice, Corn Flakes, Frosted Mini Spooners, or Oat Blenders*

Our Family
Corn Flakes, Corn Biscuits, Crispy Rice, Toasted Rice Flakes, Frosted Shredded Wheat*, Rice Biscuits, Toasted Oats*, or Wheat Squares*

Post
Grape Nuts* or Honey Bunches of Oats (Honey Roasted)

Signature Kitchens
Bran Flakes*, Corn Flakes, Corn Pockets, Crispy Rice, Frosted Mini Wheats*, Nutty Nuggets*, Rice Pockets, or Toasted Oats*

WinCo
Bran Flakes*, Corn Flakes, Crispy Rice, Frosted Shredded Wheat*, or Toasted Oats*

No dry fruit
No fruit filled or flavored frosting
No individual servings

HEAT CEREAL

Specified Brands Only
Farina – Food Club or Great Value

Instant oatmeal* – Food Club, IGA, Our Family, Kroger, or Signature Select

Regular or plain

11-12 oz. box of individual packets only

Cream of Rice
Cream of Wheat Regular
Cream of Wheat Whole Grain*

Malt-O-Meal Original

CHEESE – DOMESTIC

Block, Shredded, Sliced or String Cheese: regular, low-fat or reduced fat 8, 16, or 32 oz. packages

Store Brand, Cache Valley, Crystal Farms, Darigold, Dutch Farms, Frigo, Joseph Farms, Kraft, Premium (Idaho), Reser’s, Sargento, Springfield or Tillamook

Cheddar Colby Colby Monterey Jack Mozzarella Swiss

May choose any combination of the choices listed above (i.e. Cheddar Jack)

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

YOGURT

Buy only the fat type specified on benefit
32 oz. containers (quart)

Chobani, Dannon, Darigold, Food Club, Great Value, Kroger, Lucerne, Mountain High, Oikos, Our Family, Tillamook, WinCo, Yami, Yoplait or Zoi

Plain, Strawberry, Vanilla, French Vanilla or Vanilla Bean

No other flavors

SOY BEVERAGE

Quart and 1/2 gallon carton or aseptic container

8th Continent or Silk Soy Milk Beverage

Pacific Natural Foods Ultra Soy Beverage

Original flavor only

Plain only

INFANT FORMULA

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

INFANT CEREAL

Oatmeal, Rice, Whole Wheat, Mixed/Multi Grain 8 and 16 oz. containers

Beech-Nut, Earth’s Best or Gerber

Plain varieties

May be organic

No formula, flavoring, or fruit

No squeezes, pouches, jars or packs

No enhancements like DHA, prebiotics or probiotics

INFANT MEATS

Available to fully breastfed infants only

Beech-Nut, Earth’s Best or Gerber

2.5 oz. jars

Single variety meats only

May have added broth or gravy

May be organic

No squeezes or pouches

No dinners or meat sticks

No enhancements like DHA

INFANT VEGETABLES/FRUITS

Beech-Nut, Earth’s Best, Gerber or Pic Select Fresh 2, 2.5, 4, or 5 oz. containers, jars, twin packs or bulk packaging of acceptable sizes

Vegetables and fruit – single or mixed varieties, all stages

May be organic

No squeezes or pouches

No dinners or desserts

No enhancements like DHA

Whole grain cereals are marked with *
**WHOLE GRAIN CHOICES**

### 100% WHOLE WHEAT BREAD

- **16, 20, or 24 oz. loaf**
- Essential Everyday, Franz, Fred Meyer, Great Value, Kroger, Montana’s Sweetheart, Our Family, Signature Kitchens, Sara Lee Classic, Smith’s, Village Hearth, Wheat Montana, or WinCo

### WHOLE GRAIN BREAD

Only the choices listed below may be purchased:

- **16, 20, or 24 oz. loaf**
- Montana’s Sweetheart: 12-Grain Bread, Multigrain with Flax Bread, or Whole Grain Bread
- Sara Lee Classic: Delightful Healthy Multi-Grain Bread
- Wheat Montana: Big Sky 12-Grain, Big Sky Honey Wheat, Healthy Loaf Cracked 9-Grain, Healthy Loaf High Fiber Flax and Sunflower, Healthy Loaf, Montana Multigrain, or Healthy Loaf Seed Lovers

### BROWN RICE

- **Plain, box or bag**
- **Regular cooking:** 16 or 32 oz.
- **Quick or instant cooking:** 14 – 16 oz.
- **Any brand**

### TORTILLAS – SOFT

- **8, 16, 20, 24, or 32 oz.**
- **Yellow Corn** – Mission, La Burrita
- **White Corn** – Don Pancho, Essential Everyday or Guerrero
- **Whole Wheat** – Don Pancho, Essential Everyday, Guerrero, IGA, Mission or Our Family

### 100% WHEAT PASTA

- **100% Whole Wheat – 16 oz. only**
  - Barilla, Essential Everyday, Food Club, Gia Russa, Great Value, Hodgson Mill, Italian Chef, Kroger, Our Family, Racconto, Ronzoni, Signature Select, or WinCo
  - **All shapes allowed**
  - **No enhancements like DHA or omega-3 added**

### LEGUME CHOICES

### PEANUT BUTTER

Unflavored regular or natural – smooth or chunky; salted or unsalted (low sodium)

- **16 – 18 oz. jar**
- **Store Brand, Adams, Peter Pan, Jif or Skippy**
  - **No jelly, honey, honey roasted, chocolate or marshmallow crème added**
  - **No peanut butter spread or reduced fat**
  - **No enhanced**

### BEANS, PEAS, AND LENTILS

- **Canned:** 15-16 oz.
- **Dry:** 16 or 32 oz packages or bags
- **Any brand**
  - **Includes split peas and lentils**
  - **No soup mixes, flavorings or meat added (pork & beans, refried)**
  - **No cans of green or yellow beans**

### EGGS

- **Large – One dozen white “AA” or “A”**
- **Any Brand**
  - **No enhancements like DHA, omega 3s, or vitamin D**
  - **No brown eggs**

### VEGETABLE AND FRUIT BENEFIT

May be any brand, size, or variety

- **May be organic**
- **May be packaged, pre-cut, sliced, or chopped**
- **Garlic and Sprouts are okay**
- **No added fats, oils, or sugars (including syrups, sucrose, fructose and dextrose)**
- **No dried vegetables or fruits**

### FRESH VEGETABLES & FRUITS

- **Available to women, children and as a substitute**
- **For 9 – 11 month old infants only**

  - No fresh salsa or guacamole
  - No party trays, fruit baskets, decorative vegetables and fruits, or items from the salad bar

### CANNED VEGETABLES & FRUITS

- **Available to women and children only**

  - May be water or juice packed
  - May be regular or low sodium
  - Plain tomatoes may be diced, whole, crushed, puree, paste
  - Applesauce and Fruit Blends of Applesauce may be in glass jar or plastic container
  - No tubes, squeezes, pouches, boxes, bags, cartons, glass or plastic (except applesauce)
  - No legumes (beans, peas, and lentils)*
  - No vegetables mixed with legumes
  - *Canned or dry legumes can only be purchased as part of the Legume Choices benefit

### TOFU

- **Azumaya (extra firm, firm and silken)**
  - 16 oz. calcium set blocks

### CANNED TUNA

Available to fully breastfeeding women only

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

### 100% JUICE

**Children** – 64 oz. containers or 16 oz. Frozen Concentrate

**Women** – 11.5 – 12 oz. Frozen Concentrate

- **Any flavor or blend**
- **Apple and Eve, Campbell’s, Essential Everyday, Food Club, Great Value, IGA/Shoppers Valu, Juicy Juice, Kroger, Langers, Minute Maid, Motts, Northland, Old Orchard, Our Family, Signature Kitchens, Tree Top, V-8, Welch’s, and WinCo**

  - **These brands and their products have been found to meet required levels of vitamin C**
  - **Must contain at least 100% vitamin C or 30 mg of vitamin C per milliliter**
  - **No sugar added (this includes other forms of sugars and syrups)**
  - **No juice drinks, cocktails or lite juice**
  - **No Fusion (for example V-8)**
  - **No DHA added**

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**Montana WIC Program - Approved Food List**

Questions, call 1-800-433-4298

This institution is an equal opportunity provider.