**APPROVED FOOD LIST**
**Effective April 2, 2020**

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></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>
<tr>
<td>Non-fat (Skim)</td>
<td>• Fluid-Refrigerated</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Evaporated/Canned</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Dried/Powdered</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></td>
</tr>
<tr>
<td>Whole Milk</td>
<td>• Reduced fat (2%) can only be purchased if assigned on your benefit.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organic Milk</th>
<th>These brands ONLY</th>
<th>No grass-fed or high-protein style</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Great Value Organic, Horizon, O Organics, Organic Valley, Simple Truth Organic</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>eWIC Conversion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gallon</td>
</tr>
<tr>
<td>Half gallon</td>
</tr>
<tr>
<td>Quart</td>
</tr>
<tr>
<td>12 oz. evaporated/canned</td>
</tr>
<tr>
<td>9.6 oz. dry/powdered</td>
</tr>
<tr>
<td>25.6 oz. dry/powdered</td>
</tr>
<tr>
<td>12 oz. powdered goats milk</td>
</tr>
</tbody>
</table>

### 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), Sargento, Springfield or Tillamook

Cheddar Colby-Monterey Jack Colby Monterey Jack Mozzarella Swiss

May choose any combination of the choices listed above (i.e. Cheddar Jack) No cheese foods, products, spread, cubed, flavored added (i.e. Pepper Jack), imported, service deli, or imitation cheese products

### COLD CEREAL

**Specified Brands Only**

- 8-68 oz containers
- Regular flavor unless specified

**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, Crisp Rice, Frosted Shredded Wheat*, Multigrain Toasted Oats*, Rice Squares, Toasted Oats*, Wheat Squares*

**General Mills**

- Cheerios® (Plain or Multigrain), Cinnamon Chex, Corn Chex, Kix®, Fiber One Honey Clusters, Rice Chex, Total Original*, Vanilla Chex, Wheat Chex*, 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, Crisp Corn and Rice, 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 Wheats*

**Kroger**

- Bran Flakes*, Corn Flakes, Crisp Rice, Frosted Shredded Wheat*, Oat Squares, Rice Bitz, or Toasted Oats*

**Malt-O-Meal**

- Crispy Rice, or Frosted Mini Spooners

Whole grain cereals are marked with *

### HOT CEREAL

**Specified Brands Only**

- 12-28 oz containers (except instant oatmeal)

**Farina** – Food Club or Great Value

**Cream of Rice**

**Cream of Wheat Regular**

**Cream of Wheat Whole Grain**

**Malt-O-Meal Original**

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

Regular or plain

11-12 oz. box of individual packets only

### BREAKFAST CEREALS FOR WOMEN AND CHILDREN

**SOY BEVERAGE**

<table>
<thead>
<tr>
<th>8th Continent or Silk Soy Milk Beverage</th>
<th>Pacific Natural Foods Ultra Soy Beverage</th>
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</thead>
<tbody>
<tr>
<td>Original flavor only</td>
<td>Plain only</td>
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### YOGURT

Buy only the fat type specified on benefit

- 32 oz. containers (quart)

**Chobani, Dannon, Darigold, Essential Everyday, Food Club, Great Value, Kroger, Lucerne, Mountain High, Oikos, Open Nature, Our Family, Stonyfield, Tillamook, WinCo, Yami, Yoplait or Zoi**

Plain, Strawberry, Vanilla, French Vanilla or Vanilla Bean

**No other flavors**

**Greek-style approved**

### CHEESE – IMPORTED

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### TOFU

- Azumaya (extra firm, firm and silken), House Foods (medium, firm, extra-firm)
- 16 oz. calcium set blocks

### EGGS

Large—One dozen white “AA” or “A”

Any Brand

No enhancements like DHA, omega 3s, or vitamin D

No brown eggs

### 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

This Institution is an Equal Opportunity Provider
### Whole Grain Choices

**100% Whole Wheat Bread**
- 16, 20, or 24 oz. loaf
- Essential Everyday, Franz, Great Value, Kroger, Montana’s Sweetheart, Our Family, Private Selection, 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, Multigrain with Flax, or Whole Grain
  - Sara Lee Classic: Delightful Healthy Multi-Grain
  - Wheat Montana: Big Sky 12-Grain, Big Sky Cracked Wheat, 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

### 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

### 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, Gerber, or Happy Baby
- Plain varieties
- May be organic
- No added 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, Happy Baby, or Wild Harvest
- 2, 2.5, 4, or 5 oz. containers
- 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, desserts, or added cereal
- No enhancements like DHA

### Vegetable and Fruit Benefit

- 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

### Frozen Vegetables & Fruits

- Available to women and children only
- May be any package type
- Vegetables may be regular or low sodium
- Vegetables may be mixed with legumes

### 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

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Montana WIC Program Approved Food List
1-800-433-4298
www.wic.mt.gov