



Montana WIC Program

Approved Food List October 1, 2018



MILK – Pasteurized and Fortified

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 	9.6 oz. dry/powdered = 0.75 gal (4 boxes for 3 gals)
		<ul style="list-style-type: none"> Evaporated/Canned Dry/Powdered 	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 	12 oz powdered goat milk = 0.75 gal (4 cans for 3 gals)
		<ul style="list-style-type: none"> Evaporated/Canned Dry/Powdered 	

No flavor added, enhanced or organic milk

CHEESE – Domestic

Block or String Cheese: Regular, low-fat or reduced fat, in 8, 16 or 32 oz. packages

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

Cheddar
Monterey Jack

Colby-Monterey Jack
Mozzarella

Colby
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, Darigold, Food Club, Great Value, Kroger, Yoplait, Lucerne, Mountain High, Our Family, or Western Family
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 Soymilk Beverage
½ gal cartons
Original flavor only

Pacific Natural Foods Ultra Soy Beverage
Aseptic Quarts (32 oz. container)
Plain and Vanilla only

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[▲]

Food Club

Bran Flakes[▲], Corn Flakes, Corn Squares, Crisp Rice, Frosted Shredded Wheat[▲], Multigrain Toasted Oats[▲], Rice Squares, Toasted Oats[▲]

General Mills

Cheerios[▲] (Plain* or Multigrain), Cinnamon Chex, Corn Chex[▲], Kix[▲], 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*, cb5940Frosted 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[▲], or Oat Blenders

Our Family

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

Post

Bran Flakes[▲] Grape Nuts[▲], or Honey Bunches of Oats (Honey Roasted)

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[▲], Nutty Nuggets[▲], 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[▲]
Farina – Food Club, Great Value or Western Family
Malt-O-Meal Original

INSTANT OATMEAL – Regular[▲]

Individual Packets Only

11-12 ounce packages
Food Club, IGA, Our Family, Kroger, Safeway, Shurfine or Western Family

No flavored
No large/bulk packages allowed
No organic

WHOLE GRAIN CHOICES

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 Burrta
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
All shapes allowed
16 oz. only
Barilla, Essential Everyday, Food Club, 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

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

TOFU

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

EGGS

Any Brand
No organic, enhanced (for example higher amounts of DHA, omega 3s, or vitamin D) or brown eggs

100% JUICE

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, Food Club, Great Value, IGA/Shoppers Valu, Juicy Juice, Kroger, Langers, Minute Maid, Motts, Old Orchard, Our Family, Signature Kitchens, 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 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

Beech-nut, Gerber or Pic Select Fresh only
2, 2.5, 4 or 5 oz. containers, jars or in twin packs
Vegetables 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

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

This institution is an equal opportunity provider.