**MONTANA WIC PROGRAM**

**APPROVED FOOD LIST**

*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></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>

<table>
<thead>
<tr>
<th>Organic Milk - These brands ONLY</th>
<th>No grass-fed or high-protein style</th>
</tr>
</thead>
<tbody>
<tr>
<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>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gallon</td>
<td>1 gallon</td>
</tr>
<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**

- 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 Cex, 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, Crispy Corn and Rice, Frosted Shredded Wheat*, Nutty Nuggets*, Rice Squares, or Toasted Oats/Tasteoos*
- 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

**Our Family**

Corn Flakes, Corn Biscuits, Crispy Rice, Toasted Rice Flakes, Frosted Shredded Wheat*, High Fiber Bran Flakes*, Rice Biscuits, Toasted Oats*, or Wheat Biscuits*

**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 plain shredded wheat biscuits
No individual servings

### 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

Whole grain cereals are marked with *

### 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-Montery Jack
- Monterey Jack: Mozzarella
- Swiss: Monterey Jack

May choose any combination of the cheeses 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, 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

### SOY BEVERAGE

<table>
<thead>
<tr>
<th>Quart or half gallon carton or aseptic container</th>
<th>8th Continent or Silk Soy Milk Beverage</th>
<th>Pacific Natural Foods Ultra Soy Beverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original flavor only</td>
<td>Plain only</td>
<td></td>
</tr>
</tbody>
</table>

### 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, 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, desserts, or added cereal

No enhancements like DHA
**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 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 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

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, or Our Family
White Corn – Don Pancho, Essential Everyday, Guerrero, Kroger, or Our Family
Whole Wheat – Don Pancho, Essential Everyday, Guerrero, IGA, Kroger, Mission or Our Family

**WHOLE WHEAT PASTA**

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

**LEGGUMES**

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 créme added
No peanut butter spread or reduced fat
No enhanced

**PEANUT BUTTER**

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

**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

**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, Ronzoni, Signature Select, or WinCo
All shapes allowed
No enhancements like DHA or omega-3 added

**BROWN RICE**

100% WHOLE WHEAT PASTA

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

**LEGUME CHOICES**

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 créme added
No peanut butter spread or reduced fat
No enhanced

**100% WHEAT PASTA**

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Barilla, Essential Everyday, Food Club, Gia Russa, Great Value, Hodgson Mill, Italian Chef, Kroger, Our Family, Ronzoni, Signature Select, or WinCo
All shapes allowed
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**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

**VEGETABLE AND FRUIT BENEFIT**

May be any brand, size, or variety

May be organic
May be packed, 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**

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

**FOODS FOR FRESH VEGETABLES & FRUITS**

May be any package type
Vegetables may be regular or low sodium
Vegetables may be mixed with legumes

**TOFU**

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

**VEGETABLE AND FRUIT BENEFIT**

May be any brand, size, or variety

May be organic
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Montana WIC Program - Approved Food List

Questions, call 1-800-433-4298

This institution is an equal opportunity provider.