**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>Reduced Fat (2%)*</td>
<td>No flavor added or enhanced milk</td>
</tr>
<tr>
<td></td>
<td>Whole Milk</td>
<td>• Reduced fat (2%) can only be purchased if assigned on your benefit.</td>
</tr>
</tbody>
</table>

**Organic Milk**: These brands ONLY

- No grass-fed or high-protein style

**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**

- 8-68 oz containers
- Regular flavor unless specified

**Essential Everyday**

- Bran Flakes*, Corn Flakes, Corn Squares, Crisp 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**

- Farina – Food Club or Great Value
- Instant oatmeal* – Food Club, IGA, Our Family, Kroger, Quaker, 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

**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

### YOGURT

- Any size carton or aseptic container

**8th Continent or Silk Soy Milk**

- Pacific Natural Foods Ultra Soy Beverage

- Original flavor only

- Plain only

### SOY BEVERAGE

- Any size carton or aseptic container

- Pacific Natural Foods Ultra Soy Beverage

### 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 Bread

**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 Wheat

- 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

Guerrero

- Yellow Corn
  - 8, 16, 20, 24, or 32 oz.
  - Any brand
  - Quick or instant cooking: Regular cooking: 16 or 32 oz.

- Whole Grain Bread
  - Only the choices listed below may be purchased

- 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 Seedlovers

- Montana’s Sweetheart: 16, 20, or 24 oz. loaf

-只有上述选择方可购买

- **Whole Wheat Montana:**
  - 12-Grain Bread, Multigrain Montana’s Sweetheart:
  - 16, 20, or 24 oz. loaf

- **Legume Choices**

- **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

- **Peanut Butter**
  - Unflavored regular or natural — smooth or chunky; salted or unsalted (low sodium)
  - 16 – 18 oz. jar
  - **Stock 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

- **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

- **Vegetables**
  - May be regular or low sodium
  - May be any package type
  - May be pre-cut, sliced, chopped, or organic
  - May be any type or variety
  - Raw or prepared
  - May be dried, canned, frozen, or fresh
  - May be organic
  - Includes split peas and lentils
  - No added salt
  - 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

- **Tortillas**
  - Regular or 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

- **Tofu**
  - **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

- **Frozen Vegetables & Fruits**

- Available to women and children only

- 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

- **Approved Food List**

- Montana WIC Program

- Questions, call 1-800-433-4298

- This institution is an equal opportunity provider.