



# MONTANA WIC PROGRAM

## APPROVED FOOD LIST

1/1/2025

No organic unless specified



### MILK – PASTEURIZED AND FORTIFIED

Milk Benefit Issued	Types You Can Buy	Forms You Can Buy
Low-fat (1%) Non-fat (Skim)	• Regular Cow's Milk • Lactose-Free Cow's Milk • Meyenberg Goat's Milk	• Fluid-Refrigerated • Evaporated/Canned • Dried/Powdered
Reduced Fat (2%)*	• Regular Cow's Milk • Lactose-Free Cow's Milk	No flavor added or enhanced milk
Whole Milk	• Regular Cow's Milk • Lactose Free Cow's Milk • Meyenberg Goat's Milk	*Reduced fat (2%) can only be purchased if assigned on your benefit.

**Organic Milk Approved- These brands ONLY** No grass-fed or high-protein style  
Full Circle Market, Great Value Organic, Horizon, O Organics, Organic Valley, Simple Truth Organic, Winco, Wild Harvest

#### eWIC Conversion

Gallon	1 gallon
Half gallon	0.5 gallons
Quart	0.25 gallons
12 oz. evaporated/canned	0.185 gallons (5 cans/gallon)
9.6 oz. dry/powdered	0.75 gallons (4 boxes for 3 gallons)
25.6 oz. dry/powdered	2 gallons
12 oz. powdered goats milk	0.75 gallons (4 cans for 3 gallons)

### CHEESE – DOMESTIC

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

Store Brand, Cache Valley, Country Classic, 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, 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, Open Nature, Our Family, Stonyfield, Tillamook, WinCo, Yami, Yoplait or Zoi

Plain, Strawberry, Vanilla, French Vanilla or Vanilla Bean

Greek-style approved

May be Organic

No other flavors

### SOY BEVERAGE

Quart or half gallon carton or aseptic container

8 <sup>th</sup> Continent or Silk Soy Milk Beverage	Pacific Natural Foods Ultra Soy Beverage
Original flavor only	Plain only

### 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\*, Rice Squares, Toasted Oats\*, or Wheat Squares\*

##### General Mills

Cheerios\* (Plain or Multigrain), Cinnamon Chex, Corn Chex, Kix\*, Rice Chex, Total Original\*, Wheat Chex\*, or Wheaties Original\*

##### Great Value

Bran Flakes\*, Crunchy Honey Oats, Frosted Mini-Wheats\*, or Rice Crispers

##### IGA

Bran Flakes\*, Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat\*, Rice Squares, or Tasteos\*

##### Kellogg's

All Bran Complete Wheat Bran Flakes\*, Corn Flakes, Corn Flakes Cinnamon, Crispix, Rice Krispies, Special K Original, or Frosted Mini Wheats\*

##### Kroger

Corn Flakes, Crispy Rice, or Toasted Oats\*

##### Malt-O-Meal

Crispy Rice, or Frosted Mini Spooners

##### Our Family

Corn Flakes, Crispy Rice, or Frosted Shredded Wheat\*

##### Post

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

##### Quaker

Life Multigrain\* or Oatmeal Squares\* (Brown Sugar, Cinnamon, or Honey nut)

##### Signature Select

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 dried 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)

##### Cream of Rice

Cream of Wheat Regular

Cream of Wheat Whole Grain\*

Instant Oatmeal\* – Food Club, IGA, Our Family,

Kroger, Quaker, Signature Select, or WinCo

Regular or plain

11-12 oz. box of individual packets only

Whole grain cereals are marked with \*

Many cereals are gluten free, please refer to the label to verify.



### 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 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, O Organics 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 Select, 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, Guerrero, Kroger, or Our Family

**Whole Wheat** – Don Pancho, Essential Everyday, Guerrero, Signature Select, 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

## 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

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 brown eggs

## TOFU

**Azumaya (extra firm, firm), House (medium, firm, extra-firm)**

**House Foods (medium, firm, extra-firm)**

16 oz. calcium set blocks

## CANNED TUNA

**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

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

**Any flavor or blend**

Apple and Eve, Campbell's, Essential Everyday, Food Club, Great Value, IGA, Juicy Juice, Kroger, Langers, Minute Maid, Motts, Northland, Ocean Spray, Old Orchard, Our Family, Signature Select, 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 80% 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

## 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

No sauces (like cheese), coatings, or packets of sauces and dressings

No herbs (like basil, cilantro, parsley)

No spices (like vanilla beans or cinnamon sticks)

Cannot be mixed with non-fruit/vegetable items (like nuts, peanuts, pasta, rice, croutons, or won ton strips)

No added salts to fruits

## FRESH VEGETABLES & FRUITS

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

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



**Montana WIC Program - Approved Food List**

Questions, call 1-800-433-4298

This institution is an equal opportunity provider.

