## MILK

<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>Low-fat (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>• 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>Reduced Fat (2%)*</td>
<td>• Regular Cow’s Milk</td>
<td>No flavor added or enhanced milk</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>*Reduced fat (2%) can only be purchased if assigned on your benefit.</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>

**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

<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. powder 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*, 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 Tasteeos®
- 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

## 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 Mozarella 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
- May be Greek-style approved
- May be Organic
- No other flavors

### SOY BEVERAGE

- 8th Continent or Silk Soy Milk
- Pacific Natural Foods Ultra Soy Beverage
- Only brand, type and size specified on benefit
- No substitutions at store

## 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, 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**

<table>
<thead>
<tr>
<th>Size</th>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>16, 20, or 24 oz.</td>
<td>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</td>
</tr>
</tbody>
</table>

**Whole Wheat Bread**

<table>
<thead>
<tr>
<th>Size</th>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>16, 20, or 24 oz.</td>
<td>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</td>
</tr>
</tbody>
</table>

**Brown Rice**

<table>
<thead>
<tr>
<th>Size</th>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Full Sizes)</td>
<td>Any brand</td>
</tr>
</tbody>
</table>

**Tortillas – Soft**

<table>
<thead>
<tr>
<th>Size</th>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>8, 16, 20, 24, or 32 oz.</td>
<td>Don Pancho, Guerrero, Kroger, or Our Family Whole Wheat – Don Pancho, Essential Everyday, Guerrero, IGA, Kroger, Mission or Our Family</td>
</tr>
</tbody>
</table>

### Whole Wheat Pasta

<table>
<thead>
<tr>
<th>Size</th>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 oz.</td>
<td>Barilla, Essential Everyday, Food Club, Gia Russa, Great Value, Hodgson Mill, Italian Chef, Kroger, Our Family, Ronzoni, Signature Select, or WinCo</td>
</tr>
</tbody>
</table>

### Legume Choices

**Unflavored regular or natural – smooth or chunky; salted or unsalted (low sodium)**

<table>
<thead>
<tr>
<th>Size</th>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 – 18 oz.</td>
<td>Any brand</td>
</tr>
</tbody>
</table>

**Beans, Peas, and Lentils**

**Canned:** 15-16 oz.

<table>
<thead>
<tr>
<th>Size</th>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry: 16 or 32 oz. packages or bags</td>
<td>Any brand</td>
</tr>
</tbody>
</table>

**Eggs**

<table>
<thead>
<tr>
<th>Size</th>
<th>Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large—One dozen white “AA” or “A”</td>
<td>Any Brand</td>
</tr>
</tbody>
</table>

### 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, oregano, parsley)
  - No spices (like vanilla beans or cinnamon sticks)
  - Cannot be mixed with non-fruit/vegetable items (like nuts, peanuts, pasta, rice, croutons, or wonton strips)
  - No added salts to 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

### 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**

Questions, call 1-800-433-4298

This institution is an equal opportunity provider.