MONTANA WIC PROGRAM
APPROVED FOOD LIST
10/1/2021

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>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>Non-fat (Skim)</td>
<td>•Meyenberg Goat’s Milk</td>
<td>•Dried/Powdered</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>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
Full Circle Market, Great Value Organic, Horizon, O Organics, Organic Valley, Simple Truth Organic

=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 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, Frosted Mini Spooners, or Oat Blenders*
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*

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), Sargent, Springfield or Tillamook
Cheddar Colby-Montery 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

SOY BEVERAGE

Quart or half gallon carton or aseptic container

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

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, or Wild Harvest
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 cereals are marked with *
Many cereals are gluten free, please refer to the label to verify.
**WHOLE GRAIN CHOICES**

<table>
<thead>
<tr>
<th>100% WHOLE WHEAT BREAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>16, 20, or 24 oz. loaf</td>
</tr>
<tr>
<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 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)

**PEANUT BUTTER**

Smooth or chunky; approved brands include Darnel, Don Pancho, Guerrero, Kroger, or Our Family

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

**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

**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

**MONTANA WIC PROGRAM**

This institution is an equal opportunity provider.

Questions, call 1-800-433-4298