

Breastfeeding – A Gift That Lasts a Lifetime

BREASTFEEDING WOMEN

CHUNK LIGHT TUNA

5 oz. can, water or oil packed. Low sodium allowed.

No organic, albacore, yellowfin, Starkist Selects, individual serving or pouches.

PINK SALMON

5 oz. or 14.75 oz. can. Low sodium allowed.

No red sockeye, smoked, individual serving, pouches or organic.



BREASTFEEDING INFANTS

BABY FOOD MEATS

No organic, DHA, dinners or graduates.



Gerber 2.5 oz. jars
Varieties (with gravy): chicken, ham, beef, turkey



Beech Nut 2.5 oz. jars
Varieties (with broth): beef, chicken, turkey



Tippy Toes 2.5 oz. jars
Varieties (with gravy): chicken, turkey, beef

North Dakota Department of Health • WIC Program
600 E. Boulevard Ave.
Bismarck, N.D. 58505
701.328.2496 • Toll Free 800.472.2286

This institution is an equal opportunity provider.

NORTH DAKOTA WIC Food List



AS OF DECEMBER 1, 2019



MILK

Gallons only; half gallons or quarts if specified on check.

Whole, 1%, skim, calcium fortified, acidophilus, cultured buttermilk, lactose free, non-fat dry milk powder (3 qt. or 8 qt.), evaporated (12 oz. can), Meyenberg Goat's Milk (quart, 12 oz. can powder or evaporated)



No 2%, chocolate or flavored, extra protein, almond, coconut, organic, rice or sweetened condensed milk.



CHEESE

Shredded or Block; 8 oz. or 16 oz. size; reduced fat allowed (1 pound = 16 oz. or two-8 oz. packages)

American, any Cheddar variety, Colby Jack, Colby, Swiss, Mozzarella, Marble Jack, Muenster, Provolone, Monterey Jack, string (individually wrapped allowed)

*String cheese must be 8 oz. or 16 oz. only



No sliced or cubed. No cheese foods, cream cheese or spreads. No Havarti, Gouda, Farmer, Parmesan, Romano, Asiago, and Asadero. No added ingredients, pepper jack, smoked, organic, or flavors (Mexican, Taco). No random weight or deli cheese.



YOGURT

32 oz. containers only

BRANDS

Dannon Low-fat (Vanilla)

Dannon Light & Fit Non-fat (*Strawberry, *Vanilla)

Dannon All Natural Low-fat/Non-fat (Plain)

Yoplait (Original) Low-fat (Vanilla, Strawberry, Blueberry, Harvest Peach, Strawberry Banana)

Cass Clay Fat-free (Plain, Strawberry, Vanilla)

Essential Everyday Fat-free (Plain) Low-fat Blended (Blueberry, Strawberry, Vanilla, Plain, Peach, Raspberry)

Great Value Non-fat (Plain, *Light Vanilla)

Low-fat (Strawberry, Vanilla, Peach, Strawberry Banana)

Market Pantry Non-fat (Plain, *Light Vanilla) Low-fat (Vanilla)

Food Club Fat-free (Plain) Low-fat Blended

(Vanilla, Strawberry) Non-fat (*Vanilla)

Our Family Light/Non-fat (Plain, *Vanilla) Low-fat (Strawberry, Blueberry, Peach, Vanilla)

Lucerne Low-fat (Peach, Strawberry, Vanilla) Fat-free (Plain, Vanilla)

*Contains artificial sweeteners



No Greek or organic yogurt



SOY MILK

Half gallons

8th Continent – original flavor only

Silk – original flavor only



No complete, organic, light, fat-free, chocolate or vanilla



WIC ALLOWED JUICE

12 OZ. FROZEN CONCENTRATE (Women Only)



Orange
Any 100% brand



Grapefruit
Any 100% brand



Any 100%
Dole Juice



HyTop Apple
Also: Essential Everyday,
Our Family, Great Value,
Food Club, Good & Gather,
Minute Maid, Signature
Select, and Best Choice



Any 100%
Old Orchard Juice
(Green band only)

***No Grape/White Grape**

64 OZ. PLASTIC (Children Only)



Old Orchard
Any 100% Juice
No Healthy Balance

***No Grape/White Grape,
Apple Cider, Pomegranate,
or Tart Cherry**



Market Pantry Apple
Also: Langers,
Essential Everyday,
Great Value, Our
Family, Food Club,
HyTop, Signature
Select, and Best Choice



Essential Everyday
Grapefruit
Also: Our Family and
Signature Select



Mott's Apple
Also: Apple Cherry
and Apple Mango
**No Mott's Natural,
Medley's, Sensibles
or Mott's for Tots**



Langers
Pineapple
Also: Food Club,
Our Family,
Libby's, HyTop,
Essential Everyday,
Great Value and
Signature Select



Juicy Juice
Any 100%
Juice
***No Grape or
White Grape**



Food Club
Orange
Also: Langers,
Essential
Everyday,
Great Value,
Tropicana,
and Signature
Select



V8 Vegetable Juice
(including Low Sodium
and Spicy Hot)
Also: Food Club, Great
Value, Market Pantry,
Essential Everyday, HyTop,
Our Family, Signature
Select, and Best Choice

No V8 Splash.



Campbell's Tomato
(including Low Sodium)
Also: Great Value,
Our Family, Essential
Everyday, Food Club,
HyTop, Market Pantry,
Signature Select,
Langers
and Best Choice

Must be 100% juice. Can be calcium-fortified. No 46, 48, 96 or 128 oz. plastic containers. No 46 oz. cans. No organic, cocktails, apple cider, fresh pressed apple juice, grape/white grape, fruit drinks, lemonade, prune, single servings or refrigerated.



EGGS

Fresh, one-dozen package only,
medium or large



No organic, brown, cage-free, speciality or pasteurized eggs.



PEANUT BUTTER

16 - 18 oz. jar only, creamy, crunchy or
chunky

BRANDS - Jif, Peter Pan, Reese's, Skippy, and any
store brand.



No reduced fat, spreads, organic, natural, omega-3 or
enhanced.

No added chocolate, jelly, honey or marshmallow.



BEANS, PEAS & LENTILS

Any variety of plain beans, peas or lentils.

Refried beans (fat free only)

Dry (1 or 2 lb. size)

Canned (15 to 16 oz. size)

Low/Reduced sodium and No Salt Added are allowed



No baked beans, green beans, sweet peas, chili beans, wax beans, pork and beans, bean mixes/soups or organic.
No added sugars, fats, meats or oils.

FRESH FRUITS & VEGETABLES

All fresh fruits and fresh vegetables

Also allowed: pre-cut or packaged fruits and vegetables and bagged salads/coleslaw

*No canned, jarred, dried or frozen fruits/vegetables.
No salad bar/deli items, pre-cut or packaged fruits and vegetables with dips, bagged salads with dressing.
No fruit baskets, party trays, or decorative vegetables (gourds, pumpkins) and fruits.
No herbs and spices (such as, parsley, basil, cilantro, rosemary, thyme, etc.).*



USING YOUR CASH VALUE VOUCHER

The Cash Value Voucher (CVV) is cashed like a normal WIC check, but there are some slight differences:

1. The total value of the CVV is indicated on the check – you may purchase fresh fruits and vegetables up to the maximum value.
2. If the total purchase amount goes over the face value of the CVV, you may pay the difference in another acceptable tender (cash, SNAP/ Food Stamps, etc.).
3. If the total purchase amount is less than the face value of the CVV, you will not receive any cash back.
4. Each CVV needs to be processed separately and cannot be combined with the value of another CVV or another WIC check.

SHOPPING CHART

FRESH FRUITS AND VEGETABLES BUYING GUIDE



When buying fresh fruits and vegetables, use the chart below to help you estimate the cost of your purchase.



1. Place the item on the grocery scale.
2. Round the weight up to the nearest pound (lb.) or half pound.
3. Estimate the cost of the item based on the chart.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

Buying Tips

- Check your grocery store's weekly sales ads.
- Buy fruits and vegetables that are in season.
- Do not buy produce that is bruised or damaged.

Shopping List for a \$9 Fruit and Vegetable Voucher

Items	Price
4 lbs. bananas at 49¢/lb.	\$1.96
1 lb. bag baby carrots	\$1.50
2 lb. apples at \$1.69/lb.	\$3.38
1 bunch romaine lettuce	\$2.11
Total	\$8.95

Shopping List for a \$11 Fruit and Vegetable Voucher

Items	Price
1 lb. container strawberries	\$2.50
2 lb. sweet potatoes at \$1.17/lb.	\$2.34
2 lbs. oranges at \$1.77/lb.	\$3.54
1 lb. broccoli at \$1.47/lb.	\$1.47
2 cucumbers at 50¢ each	\$1.00
Total	\$10.85



COLD CEREALS – 12 oz. or larger



Grape-Nuts + ▲
& Grape-Nuts Flakes ▲



Kix ▲ (regular only)



Cheerios ▲ & Multi-Grain Cheerios ▲ #



Original ▲ + & Little Bites Mini Wheats + ▲ (original only)



Total Whole Grain # ★ ▲
Also: HyTop Multigrain



Life (original only) ▲
Also: Our Family 4 Corner Crunch, Essential Everyday Oat Squares, Signature Select Live It Up, Great Value Oat Crunch



Our Family Bran Flakes
Also: Food Club, HyTop, Great Value, Valu Time, Clear Value, Essential Everyday, Ralston, Signature Kitchens, or Best Choice



Complete All-Bran Wheat Flakes ★ # + ▲



Oatmeal Squares ★ + ▲



Sunbelt Bakery Simple Granola # + ▲



Corn Flakes
Also: Our Family, Food Club, Great Value, HyTop, Clear Value, Essential Everyday, Signature Select, Valu Time, Ralston, and Best Choice



Honey Bunches of Oats - Whole Grain Crunch + ▲



Our Family Toasted Oats
Also: Food Club, Great Value, HyTop, Market Pantry, Clear Value, Essential Everyday, Signature Select, Valu Time, Ralston Tasteos, and Best Choice



Crispix
Also: Our Family/ Essential Everyday Crispy Hexagons, and Food Club Twin Grain Crisp



Great Value Frosted Shredded Wheat
Also: Our Family, Food Club, HyTop, Essential Everyday, Clear Value, Signature Select, Ralston, and Best Choice



Frosted Mini Spooners ★ + ▲



Honey Bunches of Oats (Honey Roasted only)
Also: Our Family/Signature Select Oats and More with Honey, Essential Everyday Honey Oats and Flakes, Food Club Honey and Oats, Market Pantry Honey Oat Mixers, Great Value Crunchy Honey Oats



Essential Everyday Nutty Nuggets
Also: Our Family, Food Club Wheat n Crunchy, Great Value Crunchy Nuggets, Signature Select Nutty Nuggets



Market Pantry Toasted Rice
Also: Our Family, Malt O Meal, Essential Everyday, and Signature Select Crispy Rice, HyTop, Food Club, Clear Value, Valu Time, Best Choice and Ralston Crisp Rice



Food Club Multigrain Toasted Oats
Also: Great Value Toasted Multi-Grain, Essential Everyday Multi Grain, and Our Family Multi-Grain Toasted Oats, Best Choice Multi Grain Happy O's



Corn, Rice, Wheat ★ + ▲ Chex
Also: Our Family Corn, Ralston Rice & Corn Biscuits, Best Choice Rice and Wheat Crisps, Essential Everyday Corn, Wheat or Rice Squares, Great Value Toasted Rice, Corn or Wheat, Food Club Rice, Corn & Wheat Squares, Signature Select Corn & Rice Pockets



HOT CEREALS



Quaker Instant Oatmeal ▲
(original only, packets only)
Also: Our Family, Food Club,
Great Value, HyTop, Essential
Everyday, and Signature Select



Malt O Meal
plain ★ or chocolate ★



Cream of Wheat (1 min., 2 ½ min., 10 min.), Whole Grain + ▲ (2 ½ min.),
Cream of Wheat Instant and Instant Whole Grain + ▲

CEREAL KEY

- ★ - 100% FOLATE/
FOLIC ACID
- # - 100% IRON
- + - 4 GRAMS
OR MORE OF FIBER
- ▲ - 51% OR MORE
WHOLE GRAIN

Buy any combination of **hot**
or **cold** cereals 36 oz. or less.

$$18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$12 \text{ oz.} + 24 \text{ oz.} = 36 \text{ oz.}$$



INFANT CEREAL



8 or 16 oz. container – rice,
oatmeal, multigrain, whole wheat

No added fruit or formula,
organic, sensitive or DHA.



BABY FOODS – FRUITS & VEGETABLES

Tippy Toes/Parent's Choice – 4 oz. jars,
single ingredient only
Stage 2 fruits: pears, mango,
applesauce, bananas
Stage 2 vegetables: squash, peas,
sweet potatoes, carrots, green beans



Gerber/Tippy Toes – 4 oz. plastic (two packs),
single ingredient only

Gerber 2nd Foods fruits: apples,
bananas, pears, peaches, mangos
2nd Foods vegetables: sweet
potatoes, squash, carrots, green
beans, peas, pumpkin

Tippy Toes Stage 2 fruits: apples,
pears, bananas
Stage 2 vegetables: carrots, sweet
potatoes, squash



Beech Nut – 4 oz. jars, single
ingredient only, Classics or
Nothing Artificially Added only
(No Naturals)

Stage 2 fruits: apples, peaches,
pears, bananas, mango

Stage 2 vegetables: squash,
sweet carrots, sweet peas, sweet potatoes, and green beans



No organic, DHA, dinners, desserts and smoothies,
combinations (ex., apple blueberry), 1st Foods, 3rd Foods or
Graduate foods.



FORMULA



Brand, size
and amount as
indicated on
check.



No substitutions or exchanges allowed.



BREAD

Must be whole-wheat or whole-grain bread/buns
16 oz. for women
32 oz. for children

BREAD BRANDS

- Our Family** 100% Whole Wheat (16 oz.)
- Village Hearth** 100% Whole Wheat (16 or 20 oz.)
- Great Value** 100% Whole Wheat (16 oz. or 20 oz.)
- Sara Lee** 100% Whole Wheat (16 oz. or 20 oz.)
- Food Club** 100% Whole Wheat (16 oz.)
- Best Choice** 100% Whole Wheat (16 oz.)
- SunnyBrook** 100% Whole Wheat (16 oz.)

BUN BRANDS (For Children Only)

- Village Hearth** Slender Rounds Whole Wheat (12 oz.)
- Brownberry** 100% Whole Wheat Sandwich Thins (12 oz.)



PASTA

100% Whole-Wheat/Whole-Grain Pasta
16 oz. size only

BRANDS

- Great Value** Spaghetti, Linguine, Thin Spaghetti, Rotini, Elbows, Penne
- Barilla** Rotini, Spaghetti, Thin Spaghetti, Linguine, Penne, Medium Shells
- Our Family** Rotini, Spaghetti
- Food Club** Spaghetti, Penne
- Essential Everyday** Rotini, Spaghetti, Thin Spaghetti, Elbow, Penne
- Ronzoni Healthy Harvest** Rotini, Spaghetti, Thin Spaghetti, Linguine, Penne Regate
- Gia Russa** Linguine, Penne Rigate, Roman Rigatoni, Rotini
- Hodgson Mill** Spaghetti, Angel Hair, Elbows, Spirals
- Signature Select** Elbows, Linguine, Penne Regate, Rotini, Spaghetti, Thin Spaghetti



BROWN RICE

Must be plain, whole grain
Bagged or boxed – Boil in bag and instant allowed
Up to 16 oz. for women
Up to 32 oz. for children

No Uncle Ben's, wild rice, blends, ready rice or organic rice.



WHOLE WHEAT TORTILLAS

16 oz. for women
32 oz. (2-16 oz.) for children

BRANDS

- Chi Chi's** Whole Wheat (16 oz.)
- Essential Everyday** Whole Wheat (16 oz.)
- La Banderita** Whole Wheat (16 oz.)
- Mission** Whole Wheat (16 oz.)
- Don Pancho** Whole Wheat (16 oz.)
- Frescado's** Whole Wheat (16 oz.)
- Food Club** Whole Wheat (16 oz.)
- Market Pantry** Whole Wheat (16 oz.)
- Our Family** Whole Wheat (16 oz.)
- Azteca** Whole Wheat (16 oz.)
- Signature Select** Whole Wheat (16 oz.)
- Great Value** Whole Wheat (16 oz.)



SOFT CORN TORTILLAS

Yellow corn or white corn allowed
16 oz. for women
32 oz. (2-16 oz.) for children

BRANDS

- Mission** Corn, Extra Thin (16 oz.)
- La Burrita** Corn (16 oz.)
- La Banderita** Corn (16 oz.)
- Food Club** Corn (16 oz.)
- Essential Everyday** Corn (16 oz.)
- Our Family** Corn (16 oz.)

