

Milk

Store brand if available.
National brands of milk must be provided if store brands not available.

Size: As specified on WIC check

Skim (fat-free)	Buttermilk
Lowfat (1%)	Acidophilus
Reduced Fat (2%)	
Whole	



Lactaid/Dairy Ease
Up to one-half gallon allowed unless more is specified on WIC check

Purchase only if specified on WIC check:
Powdered Milk, Evaporated Milk (Any brand), UHT Long Life Milk, Meyenberg Goat Milk

DO NOT BUY:

Calcium-added milk	Organic milk
Flavored milk	Raw milk
Nut milk	Soy or rice milk

Eggs

Store brand if available.
National brands of eggs must be provided if store brands not available.

Size: Large, Medium, or Small

Grade A or AA, white



DO NOT BUY:

Brown eggs	Organic eggs
Extra Large eggs	Specialty eggs (including pasteurized or fortified/enriched with Vitamin E, DHA, or Omega 3)
Free range eggs	

Cheese

Store brand only.
Size: 12 oz. (.75 lb) or larger packages allowed, up to amount specified on WIC check



American (white or yellow)		
Cheddar	Longhorn	Mozzarella
Colby	Marble	Muenster
Colby-Jack	Monterey Jack	Swiss

Purchase only if specified on WIC check:
Reduced-fat cheese
Any brand.
Size: As specified on WIC check

DO NOT BUY:

Cheese food, product, or spread	
Cheese from Deli	String cheese
Imported cheese	Sliced cheese (except American)
Flavored cheese	Individually wrapped cheese
Organic	Shredded cheese
Packages smaller than 12 oz. (except reduced-fat)	

Canned Tuna

Any brand.
Size: Any size, up to amount specified on WIC check.
Chunk light, water packed



DO NOT BUY:

Albacore	Chunk white	Solid white tuna
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Carrots

Any brand.
Size: Any combination up to 2 pounds
Fresh
Frozen
Canned



DO NOT BUY:

Organic carrots	Any size less than 8 oz.
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Dried Beans, Peas, Lentils

Any brand.
Size: 16 oz.
Any kind, unflavored



Peanut Butter

Any brand.
Size: 18 oz. or less
Smooth, Crunchy, or Extra Crunchy
All Natural
Whipped
Honey Roasted



DO NOT BUY:

Flavored	With honey or jelly
Reduced-fat	Organic
Squeeze tubes	Spreads

Infant Dry Cereal

Size: 8 oz. box
Rice, Oatmeal,
Barley, or Mixed



Nature's Goodness Gerber

DO NOT BUY:

In jars	With fruit added
With formula added	Organic

100% Infant Juice

Size: 32 oz. plastic bottles
All flavors allowed



Nature's Goodness Gerber

DO NOT BUY:

Juice with yogurt	Vegetable combination	Organic
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Formula

No substitutions allowed.
See WIC check for brand, type, and amount of iron-fortified formula.

DO NOT BUY:

Organic formula	
Low-iron formula unless specified on the WIC check	

Colorado WIC Program



Allowable Foods List

AS OF
FEBRUARY 2007

Contact your local WIC Program with questions.

Cereals - Cold or Hot

Size: Any combination less than or equal to the amount specified on the WIC check

Cold



All-Bran Complete Wheat Flakes



Corn Flakes



Crispix



Product 19



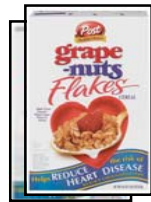
Special K



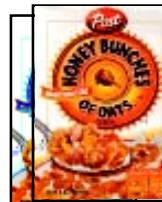
Banana Nut Crunch



Bran Flakes



Grape-nuts & Grape-nuts Flakes



Honey Bunches of Oats w/Almonds & Honey Roasted



Cheerios & Multi-Grain Cheerios



Corn, Rice, Multi-Bran, & Wheat Chex



Kix (regular)



Whole Grain Total



Wheaties



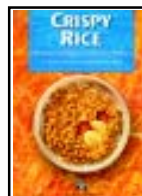
Life (regular)



Oatmeal Squares with Brown Sugar & with Cinnamon



Puffed Rice & Wheat, Malt-O-Meal® Brand



Crisp/Crispy/Crispie Rice in the following brands: Albertson's, American Fare, Flavorite, Great Value, Kroger, Market Pantry, Our Family, Ralston Foods, Safeway, Shurfine, Shur Saving, Western Family



Bite Size Frosted Shredded Wheat in the following brands: Albertson's, American Fare, Flavorite, Great Value, Kroger, Market Pantry, Our Family, Ralston Foods, Safeway, Shurfine, Western Family

Hot



Cream of Wheat (unflavored)

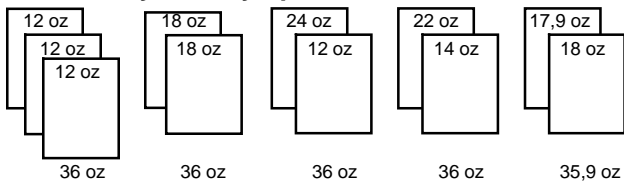


Malt-O-Meal (unflavored)



Maypo (Maple Flavored)

Ways to buy up to 36 oz. of cereal



DO NOT BUY:

Cereal in single-serving packets

Organic cereals

100% Juice

Frozen

Size: 12 oz. cans



ORANGE
Store Brand if available



GRAPEFRUIT
Store Brand if available (white, pink, or red)



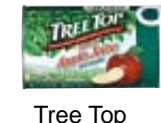
APPLE
Seneca



GRAPE
Welch's Grape (yellow lid and peel strip)



Old Orchard



Tree Top

National brands of frozen orange juice and grapefruit juice must be provided when store brands are not available.



PINEAPPLE ORANGE
Dole



PINEAPPLE
Dole



Old Orchard



Old Orchard

Single Strength

Size: 46 oz. cans



ORANGE
Any Brand



GRAPEFRUIT
Any Brand



PINEAPPLE
Any Brand



ORANGE PINEAPPLE
Any Brand



Seneca



APPLE
Seneca®



Old Orchard



APPLE
Tree Top®



TOMATO
Del Monte®



V-8
Campbell's®

Purchase only if specified on WIC check:

Single serving 100% juice

Any brand.

Size: 5.5 or 6 oz. cans

Orange, Grapefruit, Orange-Grapefruit, Orange-Pineapple

DO NOT BUY:

Glass or plastic bottles
Juice blends
Cocktail juices

Organic juice
Less than 100% juice
Calcium-added juice
Granny Smith Apple Juice



Colorado Department of Public Health and Environment

303-692-2400
The WIC Program is an equal opportunity provider.