

# TENNESSEE WIC FOOD LIST FOR OCTOBER 1, 2014 – SEPTEMBER 30, 2015

ALWAYS CHECK FOOD INSTRUMENTS (FIs) FOR ALLOWED SIZES AND QUANTITIES AND CASH VALUE VOUCHERS (CVVs) FOR MAXIMUM DOLLAR AMOUNT. YOU MUST PROVIDE ANY ITEM LISTED ON THE FI WHETHER OR NOT IT IS INDICATED AS ELIGIBLE IN YOUR SCANNING SYSTEM.

FIs AND CVVs CAN ONLY BE USED IN THEIR VALID MONTH.

THE FOODS FOR FIs AND CVVs MUST BE SEPARATED AND RUNG AS SEPARATE TRANSACTIONS.

## MILK

Gallon sizes of any brand in low fat (1%), non-fat (skim) or sweet acidophilus (1%)

### Allowed when on FI:

Reduced fat (2%); whole; lactose reduced or lactose-free (largest available size including quarts or half-gallon); ultra high temperature (UHT); non fat dry powdered; goat's; evaporated; buttermilk

### Not allowed:

Chocolate milk or non-dairy beverages (except when soy beverage is on FI); organic

## CHEESE

8 or 16 oz package of approved varieties in store or private label brand (unless none carried) of

Mozzarella, Cheddar, Colby, Monterey Jack, Process American in:

Block (Cabot brand allowed when on FI); slices (includes individually wrapped that is not cheese food, product or imitation); string or sticks; blends of approved varieties; low, free, reduced, less or light in sodium, fat or cholesterol

### Not allowed:

Shredded or cubed; from deli or cheese shop (unless not sold elsewhere in store, except for Cabot); imported; flavored or smoked; added ingredients or seasonings; cheese foods, spreads, products or imitation cheeses; organic

## EGGS

Dozen carton, Grade A Large White eggs

### Not allowed:

Brown or specialty (including organic); dried eggs mix; hard boiled

## DRIED BEANS/PEAS

16 oz bag of plain dry beans, peas or lentils

### Not allowed:

Seasoning packets; organic

## CANNED BEANS

15-16 oz cans of plain beans

Includes garbanzo beans (chick peas), black-eyed peas, crowder peas and purple hull peas

### Allowed:

Added sugar; reduced sodium; baked (when on FI)

### Not allowed:

Green peas, green beans, snap beans, yellow beans or wax beans; added meat, sauces, spices, vegetables or fruits; soups; organic

## PEANUT BUTTER

16-18 oz jar in glass or plastic

### Allowed:

Creamy (smooth) or chunky (crunchy); refrigerated or non-refrigerated; regular or reduced sodium; added vitamins

### Not allowed:

Reduced fat; peanut butter spreads; added marshmallows, honey, jelly, chocolate or similar ingredients; store ground; organic

## MILK SUBSTITUTES

### **TOFU (allowed when on FI)**

The following products in 16 oz packages (including organic):

Nasoya – Silken; Azumaya – Firm

### **SOY BEVERAGE (allowed when on FI)**

The following brands and flavors in largest available refrigerated size or largest available shelf size, including quarts or half-gallons (including organic):

Pacific Natural – Ultra Soy Original, Ultra Soy Vanilla (non-refrigerated quarts)

8th Continent – Soymilk Original, Soymilk Vanilla (refrigerated half-gallons)

Silk – Original (refrigerated half-gallons and quarts)

## JUICE

Allowable size(s) will be on FI

### 48 oz can or plastic in these varieties:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C

Juicy Juice – All Flavors

Lucky Leaf – Apple

Northland – Cranberry

Seneca – Apple

### 11.5/12 oz frozen in these varieties:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C

Dole – Pineapple

Old Orchard – Apple, Berry Blend

Seneca – Apple

Welch's – Grape, White Grape

Welch's White Grape Blends – Cranberry, Raspberry, Peach

### 64 oz plastic bottle in these varieties:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C

Campbell's Tomato Juice – Regular, Low Sodium

Juicy Juice – All Flavors

Langer – Apple, Pineapple w/ Vitamin C

Libby's – Pineapple

Lucky Leaf – Apple

Mott's – Apple Original

Northland – Cranberry, Cranberry/Blackberry, Cranberry/Pomegranate

Old Orchard – Apple, Berry Blend, Blueberry/Pomegranate, Wild Cherry

Seneca – Apple

V8 100% Vegetable Juice – Regular, Low Sodium

Welch's – Grape, White Grape, Red Grape

White House – Apple

### Allowed for all juices:

Calcium fortified; blends

### Not allowed for all juices:

Bottled or carton from dairy case; fruit drinks or juice cocktails; sweetened; added spices; organic

## CANNED FISH

Light tuna in 5 oz cans

Pink or red salmon in 14.75 oz cans

Sardines in 3.75 oz cans

Jack mackerel in 15 oz cans

### Any of the above may be:

Any brand; with added sauces and flavorings, e.g., tomato sauce, mustard or lemon; oil or water packed; with bones or skin; regular or low sodium

### Not allowed:

Albacore tuna; king mackerel; smoked products; organic

## WIC CASH VALUE VOUCHERS (CVVs)

### MULTIPLE CVVs MUST BE TREATED AS SEPARATE TRANSACTIONS

#### Allowed:

Fresh whole or cut fruit without added sugars; frozen fruits without added sugars, fats, oils or sodium; fresh whole or cut vegetables without added sugars, fats, oils, herbs or spices; frozen vegetables without added sugars, fats, oils, breading, herbs or spices in regular or low sodium; orange yams and sweet potatoes in fresh or frozen; broccoli, cauliflower and artichokes (no edible blossoms or flowers, e.g. squash blossoms); organic fruits and vegetables that meet the other requirements

For frozen fruits or vegetables, the fruit or vegetable must be listed as the first ingredient

#### Not allowed:

Not to be used for juices, dried beans, peas or canned beans (must be purchased with FIs)

No white potatoes, including mixed vegetables with white potatoes; dried fruits or vegetables; ketchups or other condiments; pickled vegetables or olives; soups; fruit leathers or fruit roll-ups; bundled packages of herbs or spices; vegetable-grain (pasta or rice mixture); breaded vegetables or creamed or sauced vegetables; fruit/nut mixture; fruit basket, party trays, or fruits or vegetables from salad bar; peanuts or other nuts; ornamental or decorative fruits or vegetables (e.g., chili peppers on a string, garlic on a string or gourds); baked goods (e.g., blueberry muffins); home canned or home preserved fruits and vegetables

## INFANT FORMULA

Brand, type and quantity listed on the FI

## INFANT CEREAL

Any grain (including whole wheat/whole grain) of 8 oz box of Beechnut or Gerber

#### Not allowed:

With infant formula or milk; with fruit or other non-cereal ingredients; organic; with DHA/ARA

## INFANT FRUITS – STAGE 2 OR 2ND FOODS

3.5/4 oz glass or plastic jars of Beechnut (includes Beechnut/Goya) or Gerber (including twin-packs) in single ingredient (e.g., apples allowed, apples & blueberries not allowed)

#### Not allowed:

Added sugars, starches or sodium; added cereal; desserts (e.g., fruit cobbler); organic; with DHA/ARA

## INFANT VEGETABLES – STAGE 2 OR 2ND FOODS

3.5/4 oz glass or plastic jars of Beechnut (includes Beechnut/Goya) or Gerber (including twin-packs) in single ingredient (e.g., carrots allowed, peas & carrots not allowed)

#### Not allowed:

White potatoes; added sugars, starches or sodium; organic; with DHA/ARA

## INFANT MEAT

2.5 oz jars of Beechnut (includes Beechnut/Goya) or Gerber Single with major ingredient of meat or poultry and added broth or gravy

#### Not allowed:

Added sugars or sodium; combinations (e.g., meat and vegetables); infant dinners (e.g., spaghetti and meatballs); organic; with DHA/ARA

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## CEREAL

Minimum 11 oz box or bag

\*Designates Whole Grain

Cream of Wheat – 1, 2 ½ or 10 minute box of regular wheat, \*2 ½ minute box Whole Grain

Cream of Wheat Original – 12 oz box of 12 – 1 oz packs

Cream of Rice (box)

General Mills: Cheerios – \*Regular, \*Dulce de Leche, \*Multi-Grain; Chex – Corn, Rice, \*Wheat; \*Fiber One Honey Clusters, Kix – \*Regular, \*Honey, \*Berry Berry; \*Wheaties, \*Whole Grain Total, Dora the Explorer

Kellogg's: \*All-Bran Complete Wheat Flakes, Kellogg's Corn Flakes, Crispix, Mini Wheats – \*Frosted Little Bites, \*Frosted Bite Size Touch of Fruit – Raspberry, \*Frosted Big Bites, \*Unfrosted Bite Size, \*Frosted Original; Rice Krispies, Special K – Original, Multi-Grain; Product 19

MOM Brands: Crispy Rice, Mini-Spooners – \*Frosted, \*Strawberry Cream, \*Blueberry; Oat Blenders – With Honey, With Honey & Almonds; Original Hot Wheat

Post: Great Grains – \*Banana Nut Crunch, \*Protein Blend – Cinnamon Hazelnut, \*Honey, Oats & Seeds, \*Grape Nuts – The Original, \*Grape Nut Flakes, \*Grape Nuts Fit – Cranberry Vanilla, \*Alpha Bits, \*Bran Flakes, Honey Bunches of Oats – Almonds, Cinnamon Bunches, Honey Roasted, \*Vanilla Bunches, Blueberry Banana; \*Honey Nut Shredded Wheat

Quaker: \*Life, \*Oatmeal Squares – \*Brown Sugar, Cinnamon, \*Instant Oatmeal – Regular in 12 - .98 oz packs, Instant Quaker Grits in Regular Box or 12 – 1 oz packs – Original, Real Butter

Sunbelt Bakeries: \*Simple Granola Whole Grain

#### Store Brands:

IGA, Food Lion, My Essentials, Essential Everyday, Flavorite, Great Value, Kroger, Publix, Ralston, Hospitality, Jasper, Laura Lynn, Food Club, Valu Time, Sure-Fine – Corn Flakes, Crisp Rice/Crispy Rice, and \*Toasted Oats/Tasteeo's

Always Save – \*Toasted Oats/Tasteeos and Crisp Rice/Crispy Rice

Best Choice, Kiggins – Corn Flakes and Crisp Rice/Crispy Rice

Parade, Kessler – Corn Flakes

## BREAD AND OTHER GRAIN PRODUCTS

Whole Wheat/Whole Grain Bread, Buns and Rolls in 16 oz:

Arnold/Orowheat Select – 100% Whole Wheat Hamburger Buns 100%

Whole Wheat Hotdog Buns

Bimbo – 100% Whole Wheat Bread

Bunny – 100% Whole Wheat Bread

Holsum – 100% Whole Wheat Bread

Healthy Life – Soft Style 100% Whole Wheat Sandwich Buns, Soft Style

100% Whole Wheat Hot Dog Buns

Nature's Own – 100% Whole Wheat Bread with Honey

Pepperidge Farm – Very Thin 100% Whole Wheat Bread, Stone Ground

100% Whole Wheat Bread, Soft 7 Grain Hamburger Buns

Roman Meal – Sungrain 100% Whole Wheat Bread

Sara Lee – Classic 100% Whole Wheat Bakery Bread, Soft & Smooth 100%

Whole Wheat Hamburger Buns, 100% Whole Wheat Soft & Smooth Hot Dog Buns

Wonder – 100% Whole Wheat Soft Bread

100% Whole Wheat Store Brand/Private Label Bread: Food Lion, Best Choice, Kern's (Food City), Great Value (Wal-Mart), Bi-Lo, Kroger

#### Tortillas in 16 oz:

La Banderita – White Corn,

Mission – 100% Whole Wheat, Yellow Corn Extra Thin

Ortega – Whole Wheat

Whole Wheat Store Brand/Private Label: Kroger 100% Whole Wheat Soft

Taco Size, Best Choice 100% Whole Wheat Soft Taco Size

Corn Store Brand/Private Label: Best Choice

#### 100% Whole Wheat Macaroni (Pasta) in 16 oz packaging:

Hodgson Mill – Spaghetti, Whole Wheat Spirals, Elbow, Angel Hair

Gia Russa – Angel Hair

#### Other Whole Unprocessed Grains in 16 oz packaging:

Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or sodium in instant, quick or regular cooking

#### Not allowed:

Pearled barley; organic