



*Building a
Healthy
Future*



District of Columbia
DEPARTMENT OF HEALTH

WIC

VENDOR FOOD LIST



100% Whole Grain Choices

✓ **100% Whole Wheat Bread**

16 oz (1 lb) loaves of bread

Label must say "100% Whole Wheat"

BUY THESE ONLY



Bimbo: 100% Whole Wheat

Essential Everyday:

100% Whole Wheat

Giant: 100% Whole Wheat,
Stone Ground 100% Whole Wheat, or
100% Whole Wheat No Salt Added

Harris Teeter (in bakery): 100% Whole Wheat

Hauswald's: 100% Whole Wheat

Nature's Own: 100% Whole Wheat with Honey

Pepperidge Farm:

Stone Ground 100% Whole Wheat or
Very Thin Sliced 100% Whole Wheat

Roman Meal: Sungrain 100% Whole Wheat

Safeway: 100% Whole Wheat

Sara Lee: Classic 100% Whole Wheat

Shopper's Food Warehouse: 100% Whole
Wheat

Weight Watcher's: 100% Whole Wheat

Wonder: 100% Soft Whole Wheat

X DO NOT BUY

- Sugar-free
- Multigrain
- Cinnamon, nuts, raisins or fruit
- Double fiber
- Organic

✓ **Brown Rice**

16 oz (1lb) packages of Brown Rice

Must be Dry and Plain

May be Bag or Box

May be Regular, Quick-cooking or Instant



BUY THESE ONLY

Blue Ribbon: Regular

Carolina: Regular

Essential Everyday: Long Grain

Giant: Long Grain

Goya: Long Grain

Gourmet House: Regular

Lundberg Farms: Short Grain or Long Grain

Mahatma: Regular

Riceland: Natural Whole Grain

Safeway: Long Grain

Uncle Ben's: Natural Whole Grain

X DO NOT BUY

- Boil-in-bag or precooked in pouch
- Wild rice
- Added seasonings, flavor, sauce, sugar, vegetables, fat, oil or salt
- Brown rice mixed with white or wild rice or any other type of rice
- Organic

✓ Tortillas

16 oz (1lb) packages
of Yellow Corn,
White Corn or
Whole Wheat
Tortillas



BUY THESE ONLY

Carlita: Soft White Corn or Whole Wheat

Celia's: Whole Wheat or Corn

Chi Chi's: Whole Wheat Fajita

Don Pancho: Whole Wheat or White Corn

Giant: White Corn or Whole Wheat

Giant Nature's Promise: Whole Grain Wheat
or Corn

Guerrero: White Corn or Whole Wheat

Happy: Whole Grain Corn or Whole Wheat

La Banderita: Corn or Whole Wheat Fajita

La Burrita: Corn

Mi Casa: 100% Whole Wheat

Mission: Whole Wheat or Yellow Corn

Ortega: Whole Wheat

Pepito: White Corn or Whole Wheat

Ramirez & Sons: Stone Ground Corn or Whole
Wheat Flour

X DO NOT BUY

- Flavored tortillas (lime, sun-dried tomato)
- White flour tortillas
- Fried tortillas, tortilla chips, tostadas, "hard shell" tortilla or taco shells
- Organic

✓ **Whole Oats**

16 oz (1 lb) packages of Oats

Must be Dry, Plain

May be Old-Fashioned, Quick, or Instant

May be Tube or Box

BUY THESE ONLY

McCann's Irish Oatmeal: Quick Cooking

Mom's Best Naturals: Quick Whole Oats or
Old Fashioned Oats

Mother's: Rolled Whole Oats

The Silver Palate: Quick & Rough Oatmeal

X DO NOT BUY

- Individual packets (individual packets may be purchased as cereal)
- Organic

Nutrition Fact

Whole oats are an excellent source of fiber and may help reduce risk of heart disease and high blood pressure. Start your day with a bowl of hearty oatmeal, add oats to meatloaves and burgers, and use to make cookies and fruit desserts.



Dairy, Soy & Eggs

✓ Milk

- Gallons, half gallons, quarts
– as listed on check
- Buy any brand
- May have added calcium



BUY:

Children 1 - 2 years old:

Whole cow's milk

- ▶ *When written on check:*
Whole lactose-free/Lactaid or
evaporated milk

Women and children 2 years and older:

Fat Free (skim) cow's milk or buttermilk, or
Lowfat (1%) cow's milk or buttermilk, or
Reduced Fat (2%) cow's milk or buttermilk

- ▶ *When written on check:*
Lactose-free/Lactose-reduced – Fat Free
(skim), Lowfat (1%) or Reduced Fat (2%)
Powdered milk - Nonfat
Evaporated milk - Fat Free or 2% Lowfat

X DO NOT BUY

- Rice milk, goat milk, sweetened condensed milk, flavored milk, coconut milk, almond milk or raw milk
- Organic

✓ **Soy Milk**

Half gallons or quarts as listed on check

BUY THESE ONLY

Refrigerated Half Gallons:

- 8th Continent Original
- Lucerne (Safeway)

Shelf-stable Quarts:

- 8th Continent Original
- Happy Soy Organic Original
- Pacific Foods Ultra Plain



✗ DO NOT BUY

- Light or fat-free soy milk
- Flavored soy milk

✓ **Cheese**

BUY: 8 or 16 oz blocks, shredded, cubed, or slices American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone or Swiss



✗ DO NOT BUY

- Cheese with flavors, nuts, or peppers
- Cheese from the deli, string or **individually wrapped slices**
- Cream cheese, cheese spreads or processed cheese products such as Velveeta
- Organic or imported (cheese made outside the U.S.)

✓ **Tofu**

14 or 16 oz package or two 8 oz packages

BUY THESE ONLY

Refrigerated or shelf-stable:

- Azumaya: Extra Firm, Firm, Silken
- Frieda's: Extra Firm

Tofu BUY THESE ONLY *continued*

Giant Nature's Promise: Organic Firm

House Foods: Organic Firm, Organic Medium Firm, Organic Soft, Premium Extra Firm, Premium Firm, Premium Medium Firm, Premium Soft, Premium Regular

Nasoya: Extra Firm, Lite Firm, Lite Silken, Organic Firm, Organic Silken, Organic Soft, Super Firm Cubed

Safeway O: Extra Firm

X DO NOT BUY

- Tofu with added fat, sugar, oil or salt

**Eggs**

Packages of one dozen only

BUY:

Any brand of white, medium or large chicken eggs

**X DO NOT BUY**

- Brown eggs, powdered or liquid eggs
- Specialty eggs such as Egghand's Best reduced cholesterol, cage free, or omega 3
- Organic

Nutrition Fact

Eggs are a good source of protein and contain 13 other vitamins and minerals including Vitamin D.

Beans & Peanut Butter

Choose Dry Beans, Canned Beans or Peanut Butter.

✓ Beans

BUY:

Dried: 16 oz packages

Canned: 15-16 oz cans

Beans such as kidney, pinto, black, split peas, garbanzo and lentils



Any brand and type of plain beans
Reduced sodium allowed

✗ DO NOT BUY

- Soups, soup mixes or with flavor packets
- With added sauce, meat, fat or oil
- Baked beans or refried beans
- Organic

Buy green beans and sweet peas with your vegetable and fruit check.

✓ Peanut Butter – 16-18 oz

BUY:

Any brand

May be creamy, crunchy or chunky

May be low-fat, reduced-fat or reduced-sodium

May be natural



✗ DO NOT BUY

- Mixed with jams, jelly, honey, marshmallows, chocolate or omega-3
- Peanut spreads
- Organic

Cereals

✓ Whole Grain Cereal

BUY THESE ONLY

Buy bags or boxes

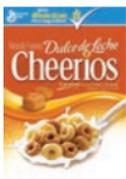
You may combine different cereals to make up to 36 oz.



Cheerios



Cheerios Multi Grain



Cheerios Dulce de Leche



Fiber One Caramel Delight



Fiber One Honey Clusters



Kix



Kix Berry Berry



Kix Honey



Total Whole Grain



Wheat Chex



Wheaties



All-Bran Complete Wheat Flakes



Rice Krispies Gluten Free



Bran Flakes



Alpha Bits



Banana Nut Crunch



Cinnamon Hazelnut



Protein Blend, Honey, Oats & Seeds



Grape Nuts



Grape Nuts Fit Cranberry Vanilla Crunch



Grape Nuts Flakes



Shredded Wheat Honey Nut



Honey Bunches of Oats Vanilla Bunches



Oatmeal Squares Cinnamon



Oatmeal Squares Brown Sugar



Life



Sunbelt Simple Granola

✓ Whole Grain Hot Cereal



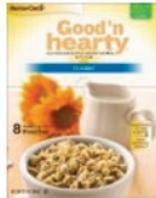
Instant Oatmeal Original Flavor



Cream of Wheat Whole Grain



Cream of Wheat Instant Healthy Grain



Good 'n Hearty Classic Old Fashioned Instant Oatmeal

✓ Whole Grain Cereal Store Brands



- Enriched Bran Flakes
- Instant Oatmeal Original
- Livewise
- Toasted Os



- Bran Flakes
- Instant Oatmeal Regular
- Oats & O's



(Shoppers)

- Bran Flakes
- Crunchy Wheat Biscuits
- Crunchy Oat Squares Original
- Instant Oatmeal Regular
- Nutty Nuggets
- Toasted Oats



- Bran Flakes
- Toasted Oats
- Instant Oatmeal Regular

Examples to buy up to 36 oz of cereal



12 oz + 24 oz = 36 ounces

15 oz + 21 oz = 36 ounces

16 oz + 18 oz = 34 ounces

✓ Non-Whole Grain Cereal

BUY THESE ONLY

Buy bags or boxes. You may combine different cereals to make up to 36 oz.



Corn Chex



Rice Chex

Rice
Krispies

Crispix



Special K

Special K
Protein Plus

Corn Flakes

Honey
Bunches
of Oats
Cinnamon
BunchesHoney
Bunches
of Oats
AlmondsHoney
Bunches of
Oats Honey
RoastedHoney Oat
BlendersHoney Oat
Blenders with
Almonds

Crispy Rice

✓ Non-Whole Grain Hot Cereal



Hot Wheat

Original
Hot WheatInstant
Grits
OriginalCream of Wheat
Instant, 1,
2½, or 10 minCream of
Rice

✓ Non-Whole Grain Cereal Store Brands



- Corn Flakes
- Crisp 6
- Crispy Rice
- Enriched Instant Grits Natural Butter Flavor
- Enriched Instant Grits Original Flavor
- Oats & More with Almonds
- Oats & More with Honey



Giant

- Be Well Toasted Rice
- Corn Flakes
- Corn Squares
- Crispy Rice
- Farina Original Hot Wheat
- Honey Crunchin' Oats
- Honey Crunchin' Oats with Almonds
- Oat Squares
- Rice Squares



(Shoppers)

- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Crunchy Corn Biscuits
- Crunchy Rice Squares
- Oats and More with Almonds
- Oats and More with Honey
- Instant Grits Original



- Corn Flakes
- Crispy Rice
- Rice Pockets

100% Juice

For women and children 1 year old and over
(infants don't need juice).

Buy:

100% Juice, Unsweetened

Size Shown On Check

Single Flavored Juices Only

Cans or Bottles, Brands and Types Shown

Any Pulp Content

With or Without Added Calcium

X DO NOT BUY

- Refrigerated cartons
- Fresh-squeezed
- Fruit cocktails, punch, ades, drinks, nectars, pouches, beverages, Hi-C, twisters cider or coolers
- Juice blends
- Organic

✓ Buy any brand of 100% Orange, Pineapple or Grapefruit Juice

In any approved size 48 oz or 64 oz ready-to-use, 11.5 oz shelf stable concentrate, 12 oz or 16 oz frozen concentrate.



✓ **100% Juice 64 oz Bottles or 16 oz concentrate to make 64 oz.**

Buy the Brands and Flavors Listed.



Old Orchard
Apple
Grape
White Grape



Welch's
Grape
White Grape



Juicy Juice
Apple



Langers
Apple
Apple Plus
Grape
Red Grape
Tomato
Vegetable
Vegetable Low Sodium
Vegetable Spicy
White Grape



Lucky Leaf
Apple



Musselman's
Apple
Apple with Calcium



Apple & Eve
Apple
Sesame Street Apple



Tree Top
Apple



Mott's
Apple



Seneca
Apple

✓ **16 oz Frozen Juice**
(Makes 64 oz)



• Apple

✓ 100% Juice Store Brands 64 oz Bottles



(Shoppers)

- Apple
- Apple with Calcium
- Grape
- Tomato
- Tomato Low Sodium
- Vegetable
- Vegetable Low Sodium
- White Grape



- Apple
- Fortified Grape Juice
- Grape
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape



- Apple
- Apple with Calcium
- Grape
- Grape with Calcium
- Tomato
- Vegetable
- White Grape



- Apple
- Grape
- White Grape

Nutrition Fact

All WIC Approved juices are an excellent source of Vitamin C. Vitamin C helps your body absorb iron when eaten with iron-rich foods such as WIC cereal.

✓ **100% Juice**
48 oz Bottles

Buy the Brands and Flavors Listed.



Campbell's
Tomato



Seneca
Apple



V8 Vegetable
Essential Antioxidants
Original
High Fiber Original
Original
Spicy Hot



Apple & Eve
Apple



Juicy Juice
Apple

Nutrition Tips

FOR WOMEN: Orange juice is a good source of the B-Vitamin called Folic Acid. Women who may become pregnant need 400 micrograms of Folic Acid per day. 6 ounces (3/4 cup) of orange juice provides 35 micrograms (10% of the Daily Value) of Folic Acid. *Office of Dietary Supplements – National Institutes of Health*

FOR CHILDREN: WIC 100% juice provides children with Vitamin C. However, only one 4-6 ounce glass is needed per day.

- Children aged 1 to 6 years of age should have only 4 to 6 ounces of juice per day.
- Fruit juice offers no nutritional benefits over whole fruit.
- Too much juice may be associated with diarrhea, flatulence, abdominal distention, and tooth decay.

American Academy of Pediatrics

✓ **Concentrated Juice**
11.5 oz Frozen or Shelf Stable
Concentrate to make 48 oz

Buy the Brands and Flavors Listed.

11.5 oz Shelf Stable Juice



Welch's
 Apple
 Grape

12 oz Frozen Juice



Tree Top
 Apple



Seneca
 Apple
 Grape



Old Orchard
 (green pull tab)
 Apple
 Grape
 White Grape



Welch's
 (yellow pull tab)
 Grape
 White Grape



Langers
 Apple

Store Brands 12 oz Frozen Juice



- Apple



(Shoppers)

- Apple
- Grape



- Apple
- Grape

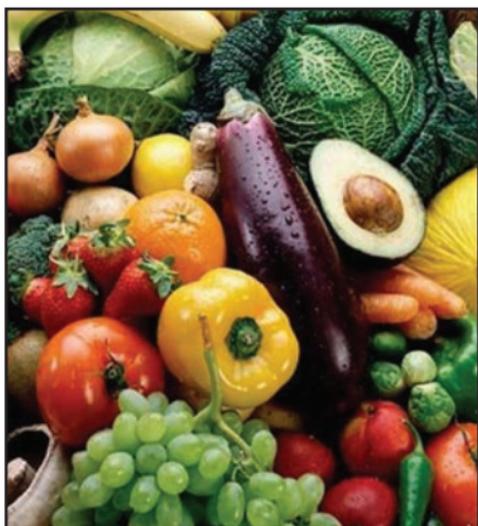


- Apple

Fruits and Vegetables

Use your DC WIC Vegetable & Fruit check for fruits and vegetables.

FRESH



✓ **BUY:**

Plain fruits and vegetables which may be:

- Whole or cut
- Loose
- Bagged or plastic package
- Orange yams & sweet potatoes
- Organic

X DO NOT BUY:

- White, red-skin, purple-skin or gold potatoes
- Dried fruit or vegetables
- Fruit leathers or roll-ups
- Salad bar items, party platters / trays, fruit baskets
- Fruit or vegetables with dips, butter or sauces
- Salad kits with nuts, croutons, meat, or dressing
- Nuts, peanuts or fruit / nut mixtures
- Decorative vegetables and fruit such as chili peppers on a string, garlic on a string, gourds, painted pumpkins
- Spices or herbs
- Blueberry muffins or other baked goods
- Juice (buy juice with your juice check)

FROZEN

✓ BUY:

Plain fruits and vegetables which may be:

- Any beans
- Bag or box
- Any brand or size
- Organic

✗ DO NOT BUY:

- French fries, hash browns, tater tots or other white potatoes
- Vegetables with meat, nuts, potatoes, rice or pasta
- Vegetables with breading, fried, butter, sauces, cream, fat, oil, cheese, seasoned or teriyaki sauce
- Sauerkraut, coconut
- Fruit bars, fruit popsicles, Italian ice, fruit blends, sorbets, sweet potato pancakes or sweet potato fries
- Juice (buy juice with your juice check)
- Any fruit or vegetable with added sugar, fat, or artificial sweeteners

Do Not Buy vegetables and fruits containing any of the following ingredients:

Sugars:

- sugar
- high fructose corn syrup
- corn syrup
- honey
- maple syrup
- syrup
- molasses
- dextrose
- fructose
- maltose
- sucrose
- sugar cane
- sorbitol
- mannitol
- xylitol
- maltitol
- cane syrup

Fats:

- oils (soybean, cottonseed, olive, canola, partially hydrogenated oils, etc.)
- butter
- margarine
- coconut

Artificial Sweeteners:

- sucralose
- Splenda
- Nutrasweet
- aspartame
- acesulfame potassium
- saccharin
- stevia

CANNED

✓ BUY:

Plain fruits and vegetables which may be:

- Plain immature beans such as green beans, green peas, snap beans, orange beans, wax beans, succotash (lima beans & corn)
- Fruit packed in water, packed in unsweetened fruit juice, packed in unsweetened fruit juice concentrate, packed in unsweetened natural juice
- Applesauce without added sugar
- Any brand or size
- Metal, glass or plastic jar
- Regular or reduced sodium
- Organic

~~X~~ DO NOT BUY:

- Fruit in syrup or with added sugars or artificial sweeteners
- Cranberry sauce, pie fillings
- Yams or sweet potatoes
- Spaghetti or pizza sauces
- Vegetables with meat, nuts, potatoes, rice or pasta
- Soup, catsup, relishes, olives or other condiments
- Pickled (sauerkraut, 3 bean salad, sweet & sour cabbage), creamed vegetables (corn), marinated vegetables or vegetables in brine
- Mature beans such as black beans, black-eye peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, great northern beans (*buy with your check that has beans & peanut butter on it*)
- Juice (*buy juice with your check that has juice on it*)

Discover the benefits of adding fruits and vegetables to your meals!

- They provide fiber and other key nutrients such as potassium and magnesium, and vitamins A and C
- They add color, flavor and texture to your meals

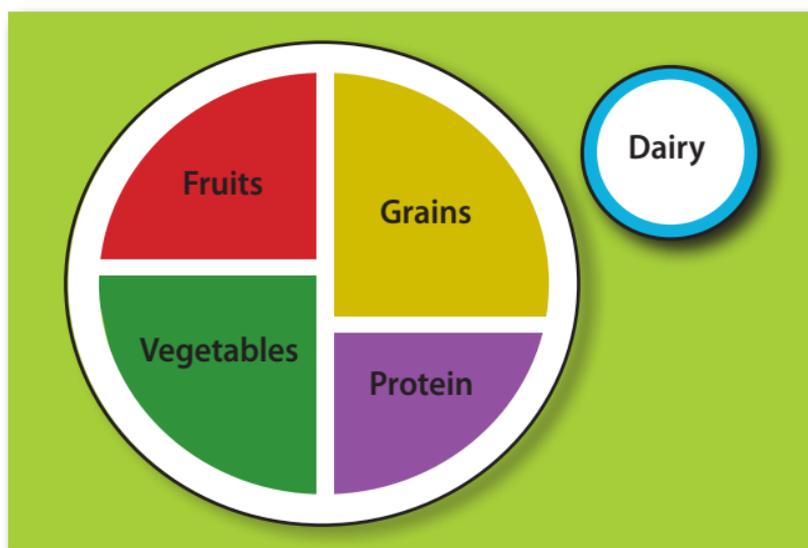
All forms count!

- Fresh, frozen, and canned all count
- Choose “reduced sodium” or “no-salt-added” canned veggies
- Choose plain frozen veggies without added sauces, fats or sugars
- Choose fruit canned in water or 100% juice
- Select 100% fruit juice when choosing juices

How much?

- Adults should eat 2½ cups of veggies per day and 2 cups of fruit
- Children should eat about 1-1½ cups of fruit and 1-1½ cups of vegetables per day

Make half your plate fruit and veggies!



ChooseMyPlate.gov

Benefits of Breastfeeding For You and Your Baby

Babies who breastfeed... are healthier babies!

Breastfed babies have:

- Less diarrhea and constipation
- Fewer ear infections and other infections
- Lower risk of sudden infant death syndrome (SIDS)
- Fewer allergies
- Less asthma
- Less eczema
- Better teeth and smiles



Mothers who breastfeed have:

- Less postpartum depression
- Less anxiety and stress
- A closer bond with their babies
- Less diabetes and cancer

Save money:

- Breastfeeding saves approximately \$1,500 - \$2,000 a year
- Women who breastfeed miss fewer days of work because their babies are healthier

Have more time:

- Breast milk is always ready. There's no measuring, mixing, or warming

Get their bodies back in shape sooner:

- Breastfeeding helps a nursing mother return to her pre-pregnancy weight, especially noticed in her belly and thighs

Fully Breastfeeding Women & Women Pregnant with More Than One Baby

Canned fish is available for fully breastfeeding women who don't get baby formula from WIC and for women pregnant with more than one baby. All canned fish may be packed in water or oil. May be reduced sodium.

✓ **Canned Tuna** - 5 oz or 6 oz size only, chunk light tuna only

✗ DO NOT BUY

- Chunk white or solid white (albacore), yellowfin or tongol tuna
- Pouches, easy peel sensations, tuna creations, lunch to go, individual containers with crackers, bowls or kits
- Flavored or seasoned tuna
- Fillets

✓ **Canned Sardines** - 3.75 oz size only. May buy sardines with sauces and flavorings

✗ DO NOT BUY

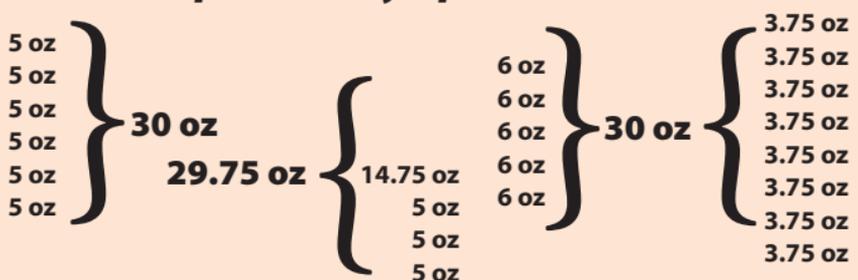
- Kippered snacks or fish steaks

✓ **Canned Salmon** - 14.75 oz size only, pink salmon only

✗ DO NOT BUY

- Red, sockeye or blue back salmon
- Pouches, easy peel sensations, lunch to go, salmon creations, individual containers with crackers, bowls or kits
- Flavored, seasoned or smoked salmon
- Fillets

Examples to buy up to 30 oz of fish



“Babies are meant to be breastfed.”

Baby Cereal

Buy Gerber 8 oz only.
Buy Rice, Oatmeal or MultiGrain Cereal.

- X** No cereal with DHA, fruit or formula
- X** No jars or cans
- X** No organic



Baby Food Vegetables & Fruit

Buy any brand 4 oz jars. Buy plain vegetables and fruit. Buy combinations of vegetables or fruit (example: peas and carrots or apples and pears) but not vegetables mixed with fruit.

- X** No multi-packs
- X** No added sugars, starches or salt
- X** No added meat, rice, yogurt, pasta or cereal
- X** No dinners, desserts, soup, stew or mixtures
- X** No DHA
- X** No organic

Baby Food Meat

Baby food meat for fully breastfeeding babies who don't get baby formula from WIC.

Buy any brand 2.5 oz jars. Buy plain chicken, turkey, beef, lamb, veal or ham in broth or gravy.

- X** No multi-packs
- X** No added vegetables, fruit, rice, cereal or pasta
- X** No dinners, meat sticks, stew or soup
- X** No DHA
- X** No organic

Infant Formula

Buy the size and type of formula written on your check. For special formulas, get a prescription from the doctor.



Similac Advance
EarlyShield



Similac Sensitive for
Fussiness and Gas



Enfamil ProsoBee

TO MAKE A PRICE CORRECTION

**CASHIER MUST WRITE
CORRECT AMOUNT HERE**

CASHIER MUST INITIAL HERE

SIGN YOUR FULL NAME HERE

**District of Columbia, DOH
WIC Program**


**PAY TO ANY AUTHORIZED DC
ORDER OF WIC VENDOR ONLY**
FOR THESE ITEMS, SEEN, QUANTITIES ONLY

WIC ID NO: 10000008 DON WHITTAKER NAME OF PARTICIPANT
 DIST. OF AMERICA (LAST) (FIRST) (MIDDLE)
 610 510

WIC USE ONLY 99-01 10204020
 FIRST DAY TO USE JUN 1, 2009
 SIGNATURE FOR PRICE CHANGE *Don Whittaker*
 LAST DAY TO USE JUN 30, 2009

QTY	DESCRIPTION (NO SUBSTITUTIONS ALLOWED)	CASHIER INITIALS	PRICE CORRECTION	VENDOR NAME DC WIC STAMP HERE
	\$6.00 CASH VALUE, NOT TO EXCEED \$6.00 FOR FRESH, FROZEN OR CANNED VEGETABLES AND FRUITS REDEEMABLE AT AUTHORIZED DC WIC VENDORS	SMT	6.00	ACTUAL PRICE 4.59 VENDOR NAME DC WIC STAMP HERE X <i>Don Whittaker</i> <small>PARTICIPANT MUST SIGN HERE ONLY AFTER PRICE IS ENTERED</small>

**CASHIER MUST CROSS OUT
INCORRECT AMOUNT**

THIS LINE MUST ALSO BE SIGNED



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