

Fresh & Healthy

Idaho WIC authorized food list



IDAHO
WIC
GROWING
HEALTHY
FAMILIES



SUPPLEMENTAL NUTRITION PROGRAM
FOR WOMEN, INFANTS & CHILDREN

Effective October 1, 2013
to September 30, 2014

Helpful Hints

shopping for WIC foods

- You will need your WIC Identification Folder every time you use a WIC check or Cash Value Voucher at the grocery store.
- Choose WIC-approved foods in the amounts listed on your WIC checks or Cash Value Voucher.
- Separate WIC foods from other items you are buying.
- Keep each WIC check's or Cash Value Voucher's food separate.
- Hand your WIC check(s), Cash Value Voucher and WIC Identification Folder to the cashier when you arrive at the checkstand.
- Sign the WIC check or Cash Value Voucher **after** the cashier writes the amount of the purchase on the WIC check or Cash Value Voucher.
- Do not accept cash back or rainchecks.
- If you have problems finding WIC foods, talk to the manager about the store's delivery schedule.

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To file a complaint of discrimination, write to USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

For more information on the Idaho WIC program, call the Idaho CareLine at 2-1-1 or 1-800-926-2588, 1-208-332-7205 (TDD).

www.wic.dhw.idaho.gov



Look for these shelf tags at the store. Be sure to double check that the items marked with this tag are authorized WIC products.





Buy

Any variety whole or cut fresh fruit and vegetables, including organic. Yams and sweet potatoes allowed.

Do Not Buy

Potatoes. Items from the salad bar, party trays, fruit gift baskets, decorative vegetables and fruits, herbs, spices, or nuts. Jarred, frozen, canned or dried. Added ingredients or non fruit/vegetable items.

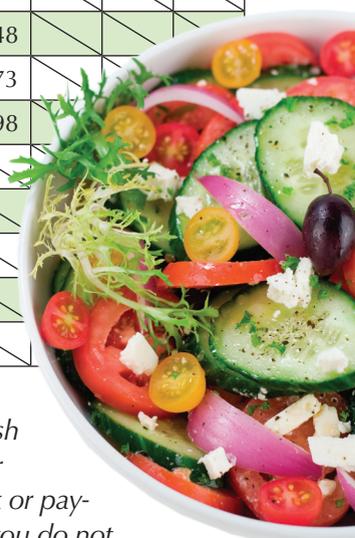
Quick tips

When buying fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale.
- Round the weight to the nearest pound or half pound.
- Estimate the cost based on the Chart for Purchasing Fresh Produce.
- You may also buy items with a set price.
- Idaho potatoes can be part of a healthy diet. While you can't get potatoes with your WIC Cash Value Voucher, consider buying potatoes with your other groceries.

Chart For Purchasing Fresh Produce

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	
1.39	1.39	2.09	2.78	3.48	4.17	4.87	
1.49	1.49	2.24	2.98	3.73	4.47		
1.59	1.59	2.39	3.18	3.98	4.77		
1.69	1.69	2.54	3.38	4.23			
1.79	1.79	2.69	3.59	4.48			
1.89	1.89	2.84	3.78	4.73			
1.99	1.99	2.99	3.98	4.98			
2.09	2.09	3.14	4.18				
2.19	2.19	3.29	4.28				
2.29	2.29	3.44	4.58				
2.39	2.39	3.59	4.78				
2.49	2.49	3.74	4.98				



If you go over the amount of the voucher when using a Cash Value Voucher, ask the cashier about putting something back or paying the difference plus tax. If you do not use the full amount of the voucher, you will not receive cash back.

Cereal

Buy

Only the cereals pictured here in the amount printed on check



Plain flavor only*



Plain flavor only*



Plain flavor only*



Plain flavor only



Plain flavor only



Plain flavor only



Plain flavor only*



Cinnamon only*



Honey Roasted only*



Plain flavor only*



Cinnamon Hazelnut only*



Plain flavor only*



Original only*



Plain flavor only



Plain flavor only*



Original only

* Whole grains

Do Not Buy

Cold cereal: less than 12 oz. Hot cereal: less than 11.8 oz.

Choose any combination of WIC cereal to total 36 oz or less, such as:

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

$$15 \text{ oz} + 21 \text{ oz} = 36$$

$$11.8 \text{ oz (hot)} + 11.8 \text{ oz (hot)} + 12 \text{ oz} = 35.6$$

$$14.5 \text{ oz} + 21 \text{ oz} = 35.5$$

$$16 \text{ oz} + 19 \text{ oz} = 35$$



Whole wheat bread and other whole grains

Whole wheat bread and other whole grains

Whole wheat bread and brown rice

Buy

Any brand 16 oz, 100% whole wheat, including store brand. Must say "100% whole wheat" on the label.



Do Not Buy

Specialty, organic, light or "lite"

Buy

Any brand; plain, short, medium or long grain; 14 to 16 oz bag of brown rice. Bulk allowed.



Do Not Buy

Added seasonings, ingredients, flavors, or organic.



Enjoy a variety of whole grains

Whole wheat and soft corn tortillas

Buy

Only the brands of tortillas pictured below. 12 to 16 oz.



Ortega
Whole Wheat



Mission
Whole Wheat



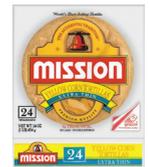
Don Pancho
Whole Wheat



Reser's
Whole Wheat



Guerrero
White Corn



Mission Yellow Corn
Extra Thin



La Burrita
Soft Corn



Casa Valdez
Soft Corn



Enjoy a variety of whole grains

Peanut butter, dry beans, peas and lentils

Juice

Peanut butter

Buy

Least expensive brand of 16 to 18 oz smooth to super crunch.



Do Not Buy

Peanut butter with added ingredients, spreads, honey roasted nut, bulk, organic, or reduced fat.

Dry beans, peas, lentils

Buy

Any brand bagged or bulk plain dried beans, peas, or lentils to total 16 oz or less. Canned beans only if printed on check.



Do Not Buy

Added grains, flavoring, organic, or soup mix.

Quick tips

- Adding one meal/week with beans as the protein source can help your family save money.
- Soak dry beans prior to cooking.
- Cover 1 pound beans with 6 cups water, soak overnight, discard soaking water.



Buy

Juice for women

100% juice listed below in 11.5 oz or 12 oz frozen concentrate.



All flavors with yellow lids



All flavors



All flavors with dark green lids



Orange Juice

Any brand

Juice for children

100% juice listed below in 64 oz plastic bottles.



Original only



Purple and white grape



All flavors and purple grape 100% juice



Any brand



Langer's apple and pineapple



All flavors with green lid

Do Not Buy

Cider, organic, refrigerated.

Enjoy iron-rich foods

Enjoy small amounts of juice and limit sweetened drinks

Milk

Buy

Least expensive brand pasteurized, unflavored cow's milk as printed on check.



Buy only if printed on check: half gallons, quarts, whole, evaporated, powdered, acidophilus, lactose reduced/free, goat's milk, soy milk/beverage.

Do Not Buy

Organic, unpasteurized, specialty, rice, half and half, buttermilk, UHT (shelf stable), pints, half pints, or powdered goat's milk.

Quick tips

- Whole milk with the red cap is only for children 1 year old up to age 2.
- Low-fat milk = 2%, 1%, skim, reduced fat, nonfat.

Nutrition facts

Keep the vitamins, lose the fat.

- Low-fat milk has the **same** calcium, vitamin D, and protein as whole milk.
- Low-fat milk has **fewer** calories and fat than whole milk.

Enjoy a variety of low-fat dairy products

Cheese

Buy

Least expensive brand of 16 oz (1 lb) domestic natural, regular or low-fat, unsliced vacuum-packed cheese pictured below. Blends of single cheeses allowed.



Cheddar
(mild, medium or sharp)



Colby



Swiss



Monterey Jack



Mozzarella

Do Not Buy

Extra sharp or white cheddar, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, or added ingredients, 8 oz or 32 oz.

Eggs

Buy

Least expensive brand of FDA-approved small, medium or large white chicken eggs in cartons of 12.



Do Not Buy

Brown, organic, x-large, jumbo, or specialty eggs.

Enjoy a variety of low-fat dairy products

Infant cereal, fruits and vegetables

Tuna/salmon Infant meats

Buy

8 or 16 oz Gerber or Beech-Nut cereal, any grain.



Do Not Buy

Added fruit, formula, organic, cans, jars, or DHA/ARA.

Buy

Any single fruit or combination of plain fruits. Any single vegetable or combination of vegetables in 3.5 to 4 oz Gerber or Beech-Nut containers.



Do Not Buy

Added ingredients, organic, DHA/ARA, or desserts.

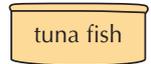
Quick tip

If your baby is ready for table foods, add soft diced fruits or vegetables to infant baby foods.

Only if printed on check:

Buy

Tuna: any brand 5 oz chunk or light canned in water or oil.



Salmon: any brand 5 oz pink canned.



Do Not Buy

Tuna: fresh, smoked, albacore, white, fancy white, pouches, snack packs, gourmet, organic, flavored.

Salmon: fresh, Atlantic salmon, red Atlantic sockeye salmon, pouches, snack packs, organic, flavored.

Only if printed on check:

Buy

2.5 oz Gerber or Beech-Nut. Any variety of meat. Added broth/gravy allowed.



Do Not Buy

Dinners; added fruit, vegetables or noodles; DHA/ARA, organic, or sticks.



Babies are meant to be breastfed

These foods are good for breastfeeding mothers



**Remember, if the brand is not listed,
you can help WIC by
choosing the lowest cost foods!**



IDAHO DEPARTMENT OF
HEALTH & WELFARE



MIX
Paper from responsible sources
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