

New Jersey WIC Food List For Vendors

Pacific

Silk

Original

Silk

Pacific Foods

Ultra Soy Original

Lowfat

Black Cherry.

and Vanilla

Axelrod

Blueberry, Mango,

Mixed Berry, Peach,

Prune, Strawberry,

Strawberry Banana

Not Allowed: Light

Activia

(quart size only)

Milk

Allowed

- Plain pasteurized cow's milk only
- Type, size amount listed on WIC Benefits

Any Brand

- Dry/Powdered (3, 8 or 10 qt only)
- Evaporated/Canned (12 oz. cans only)
- Lactose Reduced or 100% Lactose Free
- UHT Milk (Shelf stable)
- Kosher

Store Brand Only

Fluid milk

Not Allowed

"Plus" milk, Goat milk, Rice milk, Milk with added flavor or sugar, like Nido, Cultured buttermilk, Acidophilus cultured milk, Kefir cultured milk, Organic milk, Leche Klim, Half and half, Milk with added calcium, Ultraskim and superskim milk products, Vegan milk choices



Cheese

Allowed

- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol, low or reduced fat or low or light sodium
- Individual slices, blocked or shredded

Any Brand

8 or 16 oz. packages only in the following varieties:

- American Mozzarella (Pasteurized Process) (Part Skim or Whole) Cheddar
- Colby
- Monterey Jack
- Muenster

Provolone Swiss Blends of these

varieties are allowed

Not Allowed

Individually wrapped slices, Deli cheese, Imported cheese, Cheese food, Cheese spread, Cheese product, Flavored cheese, String cheese, Organic cheese

Soy Milk

Allowed

• Half gallon and quart sizes

8th Continent Original and

bettergoods

Vanilla

Bettergoods* Original

Yogurt

32 oz. containers 4 oz. cup size packs allowed

Allowed

 Type listed on WIC Benefits - whole fat, lowfat, nonfat

Whole Fat

Avelrod Plain

Bowl and Basket (ShopRite) Plain

Brown Cow Plain, Maple and

Vanilla Dannon

Plain and Vanilla Desi Natural Dahi Plain

Essential Everyday

Plain Foodtown

Plain La Yogurt Plain, Strawberry and Vanilla Lucerne Plain and Vanilla

Weis Plain

Not Allowed

Tofu 16 oz. only

Allowed

Azumaya Tofu Azumaya

Silken

Franklin Farms Extra Firm, Firm, Medium and Soft

> **Great Value** (Walmart) Peach, Strawberry, Strawberry Banana and Vanilla LaLa

Plain, Mango, Strawberry and Vanilla

La Yogurt Plain and Vanilla

Lucerne Strawberry and

Vanilla Mehadrin (Kosher) Plain and Vanilla

Stop & Shop Plain

Urban Meadow Plain

Wegmans Plain and Vanilla

Weis Blueberry, Peach,

Plain, Strawberry and Vanilla White Rose

Plain and Vanilla

Yoplait

Blueberry, Harvest Peach, Kid Strawberry Banana/Raspberry, Kid Strawberry/ Blueberry, Kid Strawberry/ Strawberry Banana, Kid Trix Strawberry/ Berry, Strawberry, Strawberry Banana and Vanilla

House Foods

ост 2024

House Foods America Extra Firm, Firm and Medium Firm

大田 Nature's Soy

Firm and Soft

Not Allowed

Tofu with added fats, sugars, oils or sodium, Organic tofu

Nonfat

Axelrod Plain **Best Yet** Plain **Bowl and Basket** (ShopRite) Plain Dannon Plain **Desi Natural Dahi** Plain **Essential Everyday** Plain Foodtown Plain **Great Value** (Walmart) Plain J&J (Kosher) Plain, Strawberry and Vanilla La Yogurt

Plain Lucerne Plain

> Norman's (Kosher) Strawberry and Vanilla

Stop & Shop Plain and Vanilla

Urban Meadow Plain

Wegmans

Plain Weis Plain and Vanilla

White Rose Plain

Greek, Organic, Drinkable yogurts, Yogurt with artificial and non-nutritive sweeteners (such as sucralose & acesulfame & stevia as seen in many "light" yogurts), Yogurt with mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients * New Item

Plain Best Yet Plain, Strawberry and Vanilla **Bowl and Basket** (ShopRite) Plain, Strawberry and Vanilla **Coburn Farms*** Plain and Vanilla **Cream O Land**

Plain Crowlev

Plain

Dannon Peach Mango, Plain, Strawberry, Strawberry Banana and Vanilla

Classic

Blueberry, Plain, Strawberry and Vanilla Foodtown

Plain. Strawberry

and Vanilla

Desi Natural Dahi

Allowed: Creamy

Plain

Essential Everyday



One dozen (12 eggs) carton only

Allowed

 Grade A large only White only

Any Brand

Not Allowed

1/2 dozen cartons (6 eggs), Cooked eggs, Jumbo eggs, Extra large eggs, Medium eggs, Brown

eggs, Specialty eggs, Low cholesterol eggs, Organic eggs, Eggland's Best, Cage-free/Free Range eggs, Eggs with Omega-3

Beans, Peas & Lentils

Dry

16 oz. only

Allowed

- Varieties of mature beans peas or lentils
- **Any Brand**
- Regular

15 – 16 oz. only

Canned

Allowed

- Low sodium
- Varieties of mature beans, peas or lentils
- Organic **Any Brand**

Not Allowed

Green beans, green peas, snap beans, yellow beans, wax beans (these can be purchased with WIC Fruits and Vegetables Cash Value Benefit), Baked beans, pork and beans, beans with meat (such as franks and beans), Canned beans with added sugars, fats, meat, oils or soups

Canned Fish

Up to 30 oz. (multi-packs allowed)

Allowed

 Any combination up to amount listed on WIC Benefits

Any Brand

- Iberia Jack Mackerel Only 15 oz. cans packed in water or oil only (may contain bones and skin, plain varieties only)
- Light Tuna Minimum 5 oz. cans packed water only (plain varieties only)

Not Allowed

Albacore tuna, Blueback salmon, Red salmon, Flavored fish, Fish with added ingredients, Organic fish, Fish in pouches, Fish in individual serving size containers

Not Allowed

vitamins and minerals

Organic peanut butter, Peanut

spread, Freshly ground or whipped peanut butter,

Peanut butter mixed with jelly, marshmallow,

chocolate or honey, Peanut butter with added

Peanut Butter

16 - 18 oz. only

Allowed

- Creamy or crunchy
- Reduced/lowfat Natural

Any Brand



Pink Salmon

or oil only (plain varieties only)

- Sardines
- 3.75 oz. cans packed in water or oil only (may contain bones and skin, plain varieties only)

peanut butter

Fruits & Vegetables

Fresh Fruits & Vegetables

Allowed

- Plain fruits and vegetables
- · Any variety of fresh, whole or cut fruits and vegetables in a bag or container
- Plain salad mixes, coleslaw and greens in a bag or container
- · Fruits and vegetables do not have to be locally grown
- Fresh potatoes
- Organic

Not Allowed

Items from the salad bar, party platters or trays, fruit baskets, decorative vegetables and fruits, dried fruit and vegetables, Herbs and spices, Nuts including peanuts, fruit-nut mixtures, Bagged fruits and vegetables with dips, dressings or other ingredients

Frozen Fruits & Vegetables

Allowed

- Any brand (frozen fruits cannot have added sugar)
- Any plain or plain mixed vegetables
- Plain mashed potatoes
- Any package type (bag, box)
- Anv size
- · Potatoes are allowed with or without salt
- Frozen beans (all types)
- Organic

Not Allowed

Vegetables with sauces, like cheese sauce or any other type of sauce, Seasoned, flavored, or breaded, Products with added sugar, fats, oils or any other ingredient, Prepared or frozen tater tots, French fries, Fruits packed in syrup (heavy, light, naturally light, extra light, etc.)

Canned Fruits & Vegetables

Allowed

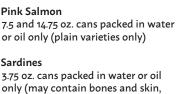
- · Any brand and any size
- · Any plain or plain mixed vegetables and fruits
- · Packed in water or natural fruit juice
- Applesauce (unsweetened)
- Includes all shelf-stable containers or pouches
- · Any size (single serving fruit cup packs are allowed)
- Regular or low sodium
- Pastes, purees, whole, crushed, stewed and diced tomatoes
- · Green peas and lima beans
- Organic

Not Allowed

Sauerkraut, Pickles or creamed vegetables (including corn), Baked beans, pork and beans, Black beans, black-eyed peas, garbanzo beans, kidney beans, butter beans, pinto beans, navy beans, soybeans, split peas, lentils or other mature beans (these can be purchased with Bean/Peanut Butter benefit), Ketchup, relish, olives, Products with added sugar, fats, oils, condiments, or meats, Products packed in syrup (heavy, light, naturally light, extra light, etc.), Added spices and herbs, Soups, pizza, spaghetti and tomato sauce, salsa









Infant Food

Infant Formula

Allowed

• Type, size and amount listed on WIC Benefits

Cereal

8 oz. containers only

Allowed

- · Amount listed on WIC Benefits
- · Plain varieties only
- Rice, oatmeal, mixed grains, whole wheat

11% Beech-Nut Beech-Nut

Gerber **First Choice**

Not Allowed

Organic infant cereal, Infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

Fruits & Vegetables

4 oz. individual containers

• 2 oz. 2 pack (total 4 oz.) = 1 container • 4 oz. 2 pack (total 8 oz.) = 2 containers Variety packs of 4 oz. containers allowed

Allowed

- Amount listed on WIC Benefits
- Any single fruit or vegetable
- Any combination of different vegetables and fruits

Baby Basics

Earth's Best

O Organics

Organic

- Pouches
- Organic



Alpina



Basket



Nature's Promise







Meats

2.5 oz. containers only (multi-packs allowed)

Allowed

- Amount listed on WIC Benefits
- Single meat or poultry varieties w/ broth or gravy
- Organic





Gerber Gerber

Not Allowed

Infant food combinations (such as meat and vegetables), Infant dinners (such as spaghetti and meatballs), Baby foods with added sugars or salt



Happybaby Happy Baby Organics



Peter Rabbit Organics



Wild Harvest



Gerber

Parent's

Choice

Not Allowed



Beech-Nut

Beech-Nut

First Choice

tarm

Once Upon

a Farm

Organic



100% Juice Only

11.5 – 12 oz. Frozen Concentrate







64 oz. Non-Refrigerated & Refrigerated Containers

Grape

Hy-Top

Cranberry

Any Brand

 Orange (regular, w/ calcium, w/ pulp, etc.)

Any Brand

Grapefruit



- Apple
- (and 48 oz.) Cranberry
- Apple (and 48 oz.)
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry (and 48 oz.)
- Natural Style Apple
- Naturally Cranberry (and 48 oz.)
- Watermelon Grape



Best Yet

- Apple Cranberry
- Grape
- Orange (48 oz. only)
- Orange Mango (and 48 oz.) Orange
- Pineapple (and 48 oz.)
- Pineapple (and 48 oz.)
- Purple Grape
- Tomato
- Vegetable White Grape
 - Grape
 - Tomato
 - Vegetable
 - White Grape
 - Peach

Campbells	2
Campbell's	H

Tomato Low Sodium Tomato

- Apple Diane's Grape
- Garden Vegetable (from
- Grape concentrate) Tomato
 - Vegetable ।त:

IGA

Apple

Grape

Essential **Everyday**

- Apple Apple w/ Calcium
- Apple w/ Vitamin D Cranberry
- Grape Pineapple
- Tomato Tomato
- (low sodium) Vegetable
 - Vegetable (low sodium)

Foodtown

- Foodtown Apple Grape



- Choice Apple
- (and 48 oz.) Grape
- Tomato
- Great
- **Great Value**



- Cranberry

lannaford Krasdale Apple Apple



NORTHLAND

Northland

Blueberry

Cranberry

Cranberry

Cranberry

Cranberry

Cranberry

Cranberry

Cranberry

Raspberry

Blueberry

Raspberry

Blueberry

Ocean Spray

Ocean

Spray

Apple

Concord

Grape

Cranberry

Cranberry

Cranberry

Cranberry

Concord

Cranberry

Cranberry

Cranberry

Pineapple

Cranberry

Cranberry

Raspberry

Cranberry

Not allowed:

Cran-flavor

varieties

Watermelon

Pomegranate

Mango

Elderberry

Grape

Cherry

Blackberry

Pomegranate

Pomegranate

Mango

Cherry

Grape

Blackberry

(and 48 oz.)

Acai

Blackberry

ORCHARD

Old Orchard

Orange Blend

Pomegranate

• 100% Juice

Acai

Apple

Apple

Cranberry

Berry Blend

Black Cherry

Pomegranate

Pomegranate

Pomegranate

Strawberry

Tangerine

Peach Mango

Red Raspberry

Watermelon

White Grape

Wild Cherry

Parade.

Price Rite

Red & White

PriceRite

Apple

Apple

Cranberry

Cranberry

Cranberry

Apple

Grape

Parade

Apple

Grape

Strawberry

Cranberry

Blueberry

Cranberry

Cherry

Grape

Orange

• Kiwi

Ruby Kist

• 100% Juice

(and 48 oz.)

(48 oz. only)

Orange

Blend

Orange

Grape

Pineapple

Tomato

(and 48 oz.)

• White Grape

(and 48 oz.)

SENECA

(and 48 oz.)

SESAME STREET

Sesame

Big Bird's

Monster's

Street

Apple

Cookie

Berry

• Elmo &

Abby's

Mango

• Elmo's

Punch

• Grover's

Strawberry

White Grape

bowl & basket.

ShopRite

Apple Cider

Apple

Grape

Tomato

Vegetable

(low sodium)

Not Allowed

ARA, baby juices)

Seneca

Apple

Apple

Signature

Cranberry

Cranberry

Cranberry

Cranberry

Pineapple

Vegetable

• White Grape

Stop & Shop

Apple Cider

Cranberry

Apple

Grape

That's

Smart

Grape

TIPTON

Apple

Grape

URBAN MEAD

Urban

Apple

Meadow

Juices not listed above, Sizes not listed above,

Organic juices, Products that are not 100% juice

(drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twisters, splashes, punches, juices

with added sugar, sugar substitute or DHA/

Tipton Grove

Tomato

Vegetable

Stop8Shop

Tomato

Grape

Raspberry

Pomegranate

Grape

Select

(Acme)

Apple

8

Original

Vegetable

Low Sodium

Vegetable

Spicy Hot

Vegetable

Wegmans

Wegmans

Cranberry

Cranberry

Cranberry

Concord

Cranberry

Raspberry

weis

Apple with

Calcium

Cranberry

Cranberry

Cranberry

• White Grape

Welch's

Welch's

• Grape w/

Calcium

Red Grape

Super Berry

• White Grape

White Grape

* New Item

Peach

Grape

Apple

Grape

Grape

Weis

Apple

Grape

• Grape

Apple

Apple

V8

- Lieber's*
- Apple
- Life Every Day
- Apple Grape
- Market

Pantry

(Target)

Apple

• Grape

Tomato

Mott's

Apple

Grape

MOTTS

(and 48 oz.)

Apple Cherry

Apple Mango

(and 48 oz.)

Juicy

- **Juicy Juice** Any flavor Juicy 100% Juice Apple
- (and 48 oz.) Cherry
- (and 48 oz.) Fruit Punch
- (and 48 oz.)
- Grape (and 48 oz.)
- Kiwi
- Strawberry (and 48 oz.)
- Orange Tangerine

Key Food

- **Key Food**
- Apple
- Apple Cranberry
- Cranberry Pineapple
- Grape
- White Grape



- Apple White Fruit Punch

(and 48 oz.) Natures Own:

- Grape

 - Apple
- Grape



Apple





Cold Cereal

12 to 36 oz. only

General General

Mills

- Cheerios Multi Grain
- Cheerios Cheerios Oat
- Crunch Berry
- Cheerios Vanilla Spice
- Cheerios Veggie **Blends** Apple Strawberry
- Cheerios Veggie Blends Blueberry
- Banana Blueberry
- Chex Cinnamon
- Chex
- Corn Chex
- Rice Chex
- Fiber One Honey
- Clusters
- Berry Berry Kix
- Honey Kix
- Kix
- Total
- Whole Grain Wheaties
- Grain Berry

Grain Berry

- Original Toasted Oats
- Cinnamon Frosted Shredded Wheat
- Multi-Bran Flakes



Cinnamon

Frosted Mini

Frosted Mini

Little Bites

Frosted Mini

Little Bites

Strawberry

Special K

Special K

Protein

Honey

Pumpkin

Spice

Wheats

Wheats

Golden

Honey

Wheats

Roll

Kelloggis

Kellogg's

Corn Flakes

Corn Flakes

Honey

Crispix

Frosted

Mini

Banana Nut Crunch Great Grains Crunchy Pecan Honey Bunches of Oats with Almonds Honey Bunches of Oats with Cinnamon **Bunches**

Post

Grape Nut

Great Grains

Flakes

 Honey Bunches of **Oats Honey** Roasted Honey Bunches of





Rice Krispies Quaker

 Life Multigrain Cereal Original

Life

Multigrain

Oatmeal

Squares

Oatmeal

Squares

Oatmeal

Squares

Avenue A

Corn Flakes

Honey Nut

Cinnamon

Cereal Vanilla

Brown Sugar

- Almond Ancient Grains
- Special K Protein Original Multi Grain
- Touch of Cinnamon
- MaltOMeal

Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners
- Strawberry Mini Spooners

Toasted Oats

Not Allowed

Cereals or sizes not listed, Organic cereals

Best Yet

 Bite Size Bite Size Frosted Shredded Wheat Bran Flakes

 Corn Flakes Crispy Rice Toasted Oats

Foodtown

Foodtown Corn Flakes Frosted

Shredded Wheat Toasted Oats



Freedom's Choice

- Crisp Rice
- Oats and
- Frosted Shredded Wheat

Toasted Oats

Great Value (Walmart)

- Crisp Rice





Ну-Тор Corn Flakes



 Bran Flakes Enriched Corn Flakes



Bran Flakes

- Corn Flakes
- Crispy Honey
- Flakes with Almonds



Tasteeos







IGA

Key Food **Key Food** Stop & Shop Corn Flakes Bran Flakes Corn Flakes KEITACH Crispy Rice Kemach Frosted Bran Flakes Corn Flakes

Stop8Shop

Shredded

Crunchin'

Crunchin'

Oats With

Almonds

• Oats & O's

That's

Smart

Crisp Rice

JRBAN MEADO

Urban

Meadow

Corn Flakes

Rice Crispy

Toasted Oats

Wegmans

Wegmans

Corn Flakes

Multi-Grain

Toasted

weis

Bite Size

Frosted

Wheat

Frosted

Wheat

Shredded

Corn Flakes

Crispy Rice

Shredded

 Honey Oats & Flakes with Almonds

Toasted Oats

Wheat Bran

Wheat Flakes

Flakes

Strawberry

Weis

Wheat

Honey

Oats

Honey

Hot Cereal

11.8 to 36 oz. only

IGA

Instant

Oatmeal

Original

Key Food

Key Foods

Oatmeal

Original

MaltOMeal

Malt-O-Meal

Wheat Cereal

Original

Parade

Parade

Instant

Oatmeal

Original

QUAKER

Quaker

Instant

Oatmeal

Original

Original

Quick

5-Minute

Not allowed:

Instant Grits

Instant

B & G Food

Original

Cream of

Wheat

1 Minute

Cream of

Wheat

Cream of

Original

Instant

Cream of

Whole Grain

2 ¹/₂ Minute

Wheat

Best Yet

Instant

Oatmeal

Original

Essential

Everyday

Instant

Oatmeal

Original

Farina

Original

Food Club

Oatmeal

Original

Great

Great Value

(Walmart)

Oatmeal

Original

Ну-Тор

Instant

Oatmeal

Original

Instant

Instant

Wheat Cereal

Wheat

2¹/₂ Minute

Cream of Rice

bowl & basket.

ShopRite

Oatmeal

Original

Signature

Instant

Oatmeal

Original

Stop&Shop

Instant

Oatmeal

Original

Instant

Cream

Farina

Original

weis

Weis

Instant

Oatmeal

Original

* New Item

Stop & Shop

Select (Acme)

Instant



Kiggins Corn Flakes

Krasdale

Krasdale Corn Flakes

- life
- Life Every Day
- Corn Flakes Toasted Oats
- essentials

Mv Essentials Corn Flakes

Parade.





Hed &

Red & White

Corn Flakes

bowl & basket.

Corn Flakes

ShopRite

Jine

Shurfine

Signature

Corn Flakes

Shredded

Wheat*

Select

(Acme)

Corn Flakes

Corn Flakes



Brown Rice

16 oz. package

Allowed

- · Plain brown rice packed in boxes or bags
- May be instant, quick or regular cooking

Any Brand

Not Allowed

Brown rice with added sugars, fats or salt, Brown rice with other added ingredients, Organic brown rice

100% Whole Wheat Tortilla

Herdez

100% Whole Wheat Bread

baker's choice

100% Whole

Bakers

Choice

Wheat

BR

Best Yet

BIMBO

Bimbo

Corn

16 oz. package only

America's Choice Whole Wheat

Carlita Whole Wheat Soft White Corn

Celia's

Whole Wheat Yellow Corn

Chi Chi's

Whole Wheat White Corn

16 oz. package only

America's

Choice

ARN

Arnold

Stone Ground

100% Whole

Wheat Bread

Don Pancho La Banderita Whole Wheat White Corn White Corn Yellow Corn Whole Wheat **Great Value*** Fajita Whole Whole Wheat Wheat

La Burrita Whole Wheat Corn

Mayan Farm Key Food Whole Wheat Whole Wheat **Mex-America** White Corn

> Whole Wheat w/ Honey

> > Essential

Everyday

Franczoz

Franczoz

Gold Medal

Hannaford

Gold



Mission

My

Whole Wheat

Yellow Corn

Essentials

Ortega

Whole Wheat

Whole Wheat

Whole Wheat

ShopRite

Key Food

Key Food

Krasdale

Krasdale

PEPPERIDGE FARM

Pepperidge

Farm

Very Thin

Stop & Shop White Corn Whole Wheat Yellow Corn

Wegmans Whole Wheat

Weis Whole Wheat



Sara Lee bowl & basket.



Signature Select (Acme)



Sungrain Sungrain

Thin Spaghetti <u>STERNS</u>

Stop8Shop The Bakery (Stop & Shop)



Meadow weis







Hodgson Mill Angel Hair

Elbows Spirals Thin Spaghetti



Via Roma Penne Rigatoni Spaghetti



Angel Hair Penne Rigate Rotini

Rotini





Spaghetti

Windmill



Wonder

Stone-Ground Whole-Wheat Bread w/ Gluten. Hamatzie 100% Stone-Ground Whole-Wheat Bread w/

Farms

Gluten,

100%

* New Item

Women, Infants & Children

Every Child Deserves a Healthy Start

uestions



To learn more about the New Jersey WIC program, please visit: https://www.nj.gov/health/fhs/wic/

This institution is an equal opportunity provider.





Ronzoni

Linguine

Thin Spaghetti

ShopRite

bowl & basket.



Penne Rigate



Elbow

Macaroni

Linguine

Rotini

Spaghetti

Penne Rigate

Thin Spaghetti

V.











GIA RUSSA

Gia Russa

Angel Hair

Penne Rigate

Linguine

Spaghetti

Ő

,

Good&

Good &

Gather

Spaghetti

Rotini

Rotini Spaghetti

Rotini

Essential









Medium Shells Penne Rotini Spaghetti Thin Spaghetti

Bionaturae Organic Fettuccine Fusili Penne Rigate Rigatoni

Allegra

Spaghetti

Barilla

Angel Hair

Barilla

Elbows

Linguine

Spaghetti

Spirals Spaghetti*

Chuster Chuster

Elbows Penne

Stern's

100% Whole

Wheat Rolls

100% Whole

Wheat Bread

(8 count)

Great Value (Walmart) Elbows Linguine Penne