



New Jersey WIC Food List For Vendors

EFFECTIVE
JAN 2025

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

bettergoods

Bettergoods
Original



Pacific Foods
Ultra Soy Original (quart size only)



Silk
Original

Tofu

16 oz. only

Allowed



Azumaya
Silken



Franklin Farms
Extra Firm, Firm, Medium and Soft



House Foods America
Extra Firm, Firm and Medium Firm



Nature's Soy
Firm and Soft

Not Allowed

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



Yogurt

32 oz. containers
4 oz. cup size packs
allowed

Allowed

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

Whole Fat

Axelrod
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

Lowfat

Activia
Black Cherry, Blueberry, Mango, Mixed Berry, Peach, Prune, Strawberry, Strawberry Banana and Vanilla

Not Allowed: Light

Axelrod
Plain

Best Yet
Plain, Strawberry and Vanilla

Bowl and Basket (ShopRite)
Plain, Strawberry and Vanilla

Coburn Farms
Plain and Vanilla

Cream O Land
Plain

Crowley
Plain

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

Allowed: Creamy Classic

Desi Natural Dahi
Plain

Essential Everyday
Blueberry, Plain, Strawberry and Vanilla

Foodtown
Plain, Strawberry and Vanilla

Great Value (Walmart)

Peach, Strawberry, Strawberry Banana and Vanilla

LaLa
Plain, Mango, Strawberry and Vanilla

La Yogurt
Plain and Vanilla

Lucerne
Plain*, 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

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

Not Allowed

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

Eggs

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

Canned

15 – 16 oz. only

Allowed

- Regular
- 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)
- Pink Salmon
7.5 and 14.75 oz. cans packed in water 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)

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



Peanut Butter

16 – 18 oz. only

Allowed

- Creamy or crunchy
- Reduced/lowfat
- Natural

Any Brand

Not Allowed

Organic peanut butter, Peanut spread, Freshly ground or whipped peanut butter, Peanut butter mixed with jelly, marshmallow, chocolate or honey, Peanut butter with added vitamins and minerals



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)
- Any 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

* New Item

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



Not Allowed

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

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



Baby Basics



Beech-Nut



Earth's Best Organic



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

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
- Pouches
- Organic



Alpina



Baby Basics



Beech-Nut



Beech-Nut Naturals



Beech-Nut Organics



Bowl and Basket



Earth's Best Organic



First Choice



Gerber



Happy Baby Organics



Nature's Promise



O Organics



Once Upon a Farm



Parent's Choice



Peter Rabbit Organics



Plum Organics



Tippy Toes



Tippy Toes Organic



Wholesome Pantry



Organic Wild Harvest

Not Allowed

Baby foods with added sugars, starches or salt, Baby food with cereal, meats or infant food dessert (such as peach cobbler), Any variety of baby foods that contain DHA or yogurt

Juice

100% Juice Only

11.5 – 12 oz. Frozen Concentrate



Best Yet
• Apple

Any Brand
• Orange (regular, w/ calcium, w/ pulp, etc.)

Any Brand
• Grapefruit



Essential Everyday
• Apple
• Grape



Freedom's Choice
• Apple



Great Value (Walmart)
• Apple
• Grape



Hannaford
• Apple (from concentrate)



Market Pantry (Target)
• Apple
• Grape



My Essentials
• Apple (from concentrate)



Old Orchard
• 100% Juice Orange Blend
• Apple
• Grape
• Pineapple
• White Grape



Parade
• Apple



Seneca
• Apple



ShopRite
• Apple



Signature Select (Acme)
• Apple



Stop & Shop
• Apple
• Grape



Tipton Grove
• Apple




Weis
• Apple



* New Item

64 oz. Non-Refrigerated & Refrigerated Containers

<p>Any Brand</p> <ul style="list-style-type: none"> • Orange (regular, w/ calcium, w/ pulp, etc.) 	<p>Campbell's</p> <ul style="list-style-type: none"> • Tomato • Low Sodium Tomato 	<p>Hannaford</p> <ul style="list-style-type: none"> • Apple • Grape 	<p>Krasdale</p> <ul style="list-style-type: none"> • Apple • Grape 	<p>Nature's Own</p> <ul style="list-style-type: none"> • Apple • Grape 	<p>Old Orchard</p> <ul style="list-style-type: none"> • 100% Juice Orange Blend • Acai Pomegranate • Apple • Apple Cranberry • Berry Blend • Black Cherry Cranberry • Blueberry Pomegranate • Cherry Pomegranate • Cranberry Pomegranate • Grape • Kiwi Strawberry • Orange Tangerine • Peach Mango • Red Raspberry • Strawberry Watermelon • White Grape • Wild Cherry 	<p>Ruby Kist</p> <ul style="list-style-type: none"> • 100% Juice Orange Blend • Apple (and 48 oz.) • Orange (48 oz. only) • Grape • Pineapple (and 48 oz.) • Tomato • White Grape (and 48 oz.) 	<p>Signature Select (Acme)</p> <ul style="list-style-type: none"> • Apple • Cranberry • Cranberry Grape • Cranberry Pomegranate • Cranberry Raspberry • Grape • Pineapple • Tomato • Vegetable • White Grape 	<p>V8</p> <ul style="list-style-type: none"> • Original • Vegetable • Low Sodium Vegetable • Spicy Hot Vegetable 	
<p>Any Brand</p> <ul style="list-style-type: none"> • Grapefruit 	<p>Diane's Garden</p> <ul style="list-style-type: none"> • Vegetable (from concentrate) 	<p>Hy-Top</p> <ul style="list-style-type: none"> • Apple • Grape • Cranberry Grape • Tomato • Vegetable 	<p>Langers</p> <ul style="list-style-type: none"> • Apple • Apple Berry Cherry • Apple Cranberry • Apple Grape • Apple Kiwi Strawberry • Apple Orange Pineapple • Apple Peach Mango • Concord Grape • Cranberry Plus • Cranberry Raspberry Plus • Pineapple • Pineapple Orange 	<p>my essentials My Essentials</p> <ul style="list-style-type: none"> • Apple • Grape 	<p>Northland</p> <ul style="list-style-type: none"> • Blueberry Blackberry Acai • Cranberry (and 48 oz.) • Cranberry Blackberry Cherry • Cranberry Grape • Cranberry Mango • Cranberry Pomegranate • Cranberry Raspberry • Cranberry Blueberry • Raspberry Blueberry 	<p>Seneca</p> <ul style="list-style-type: none"> • Apple (and 48 oz.) 	<p>StopsShop</p> <ul style="list-style-type: none"> • Apple • Apple Cider • Cranberry • Grape • Tomato • Vegetable 	<p>Wegmans</p> <ul style="list-style-type: none"> • Apple • Cranberry • Cranberry Apple • Cranberry Concord Grape • Cranberry Raspberry • Grape 	
<p>Apple & Eve</p> <ul style="list-style-type: none"> • 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.) • Strawberry Passion* • Watermelon Grape 	<p>Essential Everyday</p> <ul style="list-style-type: none"> • Apple • Apple w/ Calcium • Apple w/ Vitamin D • Cranberry • Grape • Pineapple • Tomato • Tomato (low sodium) • Vegetable • Vegetable (low sodium) 	<p>IGA</p> <ul style="list-style-type: none"> • Apple • Grape 	<p>Life Every Day</p> <ul style="list-style-type: none"> • Apple • Grape 	<p>Ocean Spray</p> <ul style="list-style-type: none"> • Cranberry • Cranberry Cherry • Cranberry Concord Grape • Cranberry Elderberry • Cranberry Mango • Cranberry Pineapple • Cranberry Pomegranate • Cranberry Raspberry • Cranberry Watermelon 	<p>Parade</p> <ul style="list-style-type: none"> • Apple • Grape 	<p>Sesame Street</p> <ul style="list-style-type: none"> • Big Bird's Apple • Cookie Monster's Berry • Elmo & Abby's Mango Strawberry • Elmo's Punch • Grover's White Grape 	<p>Stop & Shop</p> <ul style="list-style-type: none"> • Apple • Apple Cider • Cranberry • Grape • Tomato • Vegetable 	<p>weis</p> <ul style="list-style-type: none"> • Apple • Apple with Calcium • Cranberry • Cranberry Apple • Cranberry Grape • Grape • White Grape 	
<p>Best Yet</p> <ul style="list-style-type: none"> • 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 	<p>Freedom's Choice</p> <ul style="list-style-type: none"> • Apple (and 48 oz.) • Grape • Tomato 	<p>KEDEM</p> <ul style="list-style-type: none"> • Grape 	<p>Market Pantry (Target)</p> <ul style="list-style-type: none"> • Apple • Grape • Tomato 	<p>Price Rite</p> <ul style="list-style-type: none"> • Apple 	<p>Red & White</p> <ul style="list-style-type: none"> • Apple • Cranberry • Cranberry Apple • Cranberry Grape 	<p>ShopRite</p> <ul style="list-style-type: none"> • Apple • Apple Cider • Grape • Tomato • Vegetable (low sodium) 	<p>That's Smart</p> <ul style="list-style-type: none"> • Grape 	<p>Tipton Grove</p> <ul style="list-style-type: none"> • Apple • Grape 	<p>Welch's</p> <ul style="list-style-type: none"> • Grape • Grape w/ Calcium • Red Grape • Super Berry • White Grape • White Grape Peach
<p>Great Value</p> <ul style="list-style-type: none"> • Apple • Cranberry • Grape • Mango • Peach • Pear • Tomato • Vegetable • White Grape • Peach 	<p>Key Food</p> <ul style="list-style-type: none"> • Apple • Apple Cranberry • Cranberry • Pineapple Grape • White Grape 	<p>Mott's</p> <ul style="list-style-type: none"> • Apple (and 48 oz.) • Apple Cherry • Apple Mango • Apple White Grape • Fruit Punch (and 48 oz.) • Kiwi Strawberry (and 48 oz.) 	<p>Not allowed: Cran-flavor varieties</p>	<p>Urban Meadow</p> <ul style="list-style-type: none"> • Apple 	<p>Not Allowed</p> <p>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/ARA, baby juices), Cold pressed juices</p>				

Cold Cereal

12 to 36 oz. only



Morning Cheerios*

- 7 Grain Flakes
- Bran Flakes
- Bran Sticks



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



Kellogg's

- Corn Flakes
- Corn Flakes Honey
- Crispix
- Frosted Mini Wheats
- Frosted Mini Wheats Little Bites Blueberry
- Frosted Mini-Wheats Cocoa
- Frosted Mini Wheats Golden Honey
- Frosted Mini Wheats Little Bites Pumpkin Spice
- Frosted Mini Wheats Little Bites Strawberry
- Rice Krispies
- Special K
- Special K Protein Honey Almond Ancient Grains
- Special K Protein Original Multi Grain Touch of Cinnamon



Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners
- Strawberry Mini Spooners

Not Allowed

Cereals or sizes not listed, Organic cereals



Post

- Grape Nut Flakes
- Great Grains Banana Nut Crunch
- Great Grains Crunchy Pecan
- Honey Bunches of Oats with Almonds
- Honey Bunches of Oats with Cinnamon Bunches
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats with Vanilla Bunches



Quaker

- Life Multigrain Cereal Original
- Life Multigrain Cereal Vanilla
- Oatmeal Squares Brown Sugar
- Oatmeal Squares Cinnamon
- Oatmeal Squares Honey Nut



Avenue A

- Corn Flakes
- Toasted Oats



Best Yet

- Bite Size Bite Size Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Toasted Oats



Foodtown

- Corn Flakes
- Frosted Shredded Wheat
- Toasted Oats



Freedom's Choice

- Bran Flakes
- Corn Flakes
- Crisp Rice
- Crispy Honey
- Oats and Flakes with Almonds
- Frosted Shredded Wheat
- Toasted Oats



Great Value (Walmart)

- Corn Flakes
- Crisp Rice
- Tasteos



Hyde Park

- Corn Flakes



Hy-Top

- Corn Flakes



IGA

- Bran Flakes Enriched
- Corn Flakes



Key Food

- Corn Flakes



Kemach

- Bran Flakes
- Corn Flakes
- Crisp Rice



Kiggins

- Corn Flakes



Krasdale

- Corn Flakes



Life Every Day

- Corn Flakes
- Toasted Oats



My Essentials

- Corn Flakes



Parade

- Corn Flakes



Ralston

- Corn Flakes



Red & White

- Corn Flakes

A SHOPRITE® BRAND

bowl & basket.

- Corn Flakes



Shurfine

- Corn Flakes



Signature Select (Acme)

- Corn Flakes
- Shredded Wheat



Stop & Shop

- Bran Flakes
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Honey Crunchin' Oats
- Honey Crunchin' Oats With Almonds
- Oats & O's



That's Smart

- Crisp Rice



Urban Meadow

- Corn Flakes
- Rice Crispy
- Toasted Oats



Wegmans

- Corn Flakes
- Multi-Grain Toasted



Weis

- Bite Size Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Honey Oats & Flakes with Almonds
- Toasted Oats
- Wheat Bran Flakes
- Wheat Flakes

Hot Cereal

11.8 to 36 oz. only



B & G Food

- Cream of Rice Original
- Cream of Wheat 1 Minute
- Cream of Wheat 2½ Minute
- Cream of Wheat Original Instant
- Cream of Wheat Whole Grain 2½ Minute



Best Yet

- Instant Oatmeal Original



Essential Everyday

- Instant Oatmeal Original



Farina

- Wheat Cereal Original



Food Club

- Instant Oatmeal Original



Great Value (Walmart)

- Instant Oatmeal Original



Hy-Top

- Instant Oatmeal Original



IGA

- Instant Oatmeal Original



Key Foods

- Instant Oatmeal Original



Malt-O-Meal

- Wheat Cereal Original



Parade

- Instant Oatmeal Original



Quaker

- Instant Oatmeal Original
- Instant Grits Original

Not allowed: Quick 5-Minute

A SHOPRITE® BRAND

bowl & basket.

ShopRite

- Instant Oatmeal Original



Signature Select (Acme)

- Instant Oatmeal Original



Stop & Shop

- Instant Oatmeal Original
- Instant Cream Farina Original



Weis

- Instant Oatmeal Original



* New Item

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

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

Don Pancho

Whole Wheat
White Corn

Great Value

Whole Wheat

Herdez

Whole Wheat
Corn

Key Food

Whole Wheat
White Corn

La Banderita

White Corn
Yellow Corn
Whole Wheat
Fajita Whole Wheat

La Burrita

Corn

Mayan Farm

Whole Wheat

Mex-America

Whole Wheat
w/ Honey

Mission

Whole Wheat
Yellow Corn

My Essentials

Whole Wheat

Ortega

Whole Wheat

ShopRite

Whole Wheat

Stop & Shop

White Corn
Whole Wheat
Yellow Corn

Wegmans

Whole Wheat

Weis

Whole
Wheat



100% Whole Wheat Bread

16 oz. package only

America's Choice

America's Choice

Arnold

Stone Ground
100% Whole
Wheat Bread

baker's choice

Bakers
Choice

100% Whole
Wheat

BEST YET

Best Yet

BIMBO

Bimbo

Essential EVERYDAY

Essential
Everyday

FRANCOZ

Francoz

GOLD MEDAL

Gold Medal

Hannaford

Hannaford

Key Food

Key Food

Krasdale

Krasdale

Nature's Own*

Nature's
Own*

PAS

PAS

PEPPERIDGE FARM

Pepperidge
Farm

Very Thin

Sara Lee

Sara Lee

SCHMIDT

Schmidt

SCHMIDT Old Tyme

Schmidt
Old Tyme

100% Whole
Wheat Bread

100% Whole
Wheat Bread

shoprite

shoprite

Signature Select (Acme)

Signature
Select
(Acme)

STERN'S

Stern's

100% Whole
Wheat Rolls
(8 count)

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole
Wheat Bread

100% Whole Wheat Pasta

16 oz. package only



Allegria
Spaghetti



Barilla
Angel Hair
Elbows
Linguine
Medium Shells
Penne
Rotini
Spaghetti
Thin Spaghetti



Bionaturae
Organic
Fettuccine
Fusili
Penne Rigate
Rigatoni
Spaghetti



Chuster
Elbows
Penne
Spirals
Spaghetti



Essential
Everyday
Macaroni
Penne Rigate
Rotini
Spaghetti
Thin Spaghetti



Gia Russa
Angel Hair
Linguine
Penne Rigate
Rotini
Spaghetti



Good &
Gather
Rotini
Spaghetti



Great Value
(Walmart)
Elbows
Linguine
Penne
Rotini
Spaghetti
Thin Spaghetti



Heartland
Elbow
Rotini



Hodgson Mill
Angel Hair
Elbows
Spirals
Thin Spaghetti



Ronzoni
Linguine
Penne Rigate
Rotini
Spaghetti
Thin Spaghetti



ShopRite
Penne Rigate
Rotini
Spaghetti



Weis
Angel Hair
Penne Rigate
Rotini
Spaghetti



Signature
Select
Elbow
Macaroni
Linguine
Penne Rigate
Rotini
Spaghetti
Thin Spaghetti



Via Roma
Penne Rigatoni
Spaghetti



Weis
Angel Hair
Penne Rigate
Rotini
Spaghetti



Questions?

Contact the New Jersey WIC State agency at
1-609-292-9560

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

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