

# Food List For Vendors

EFFECTIVE  
JULY  
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) | • Mozzarella (Part Skim or Whole)       |
| • Cheddar                        | • Provolone                             |
| • Colby                          | • Swiss                                 |
| • Monterey Jack                  | • Blends of these varieties are allowed |
| • Muenster                       |   |

### 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**  
Extra Firm\*, Firm\* and 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

### 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

15 – 16 oz. only

### Allowed

- Regular
- Low sodium
- Varieties of mature beans, peas or lentils
- Organic

Any Brand



## 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 with water or oil only (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
- Fresh herbs (clamshell/bunch/etc.)\*
- 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, Dried or potted herbs, jarred/minced or processed herbs & spices\*

### 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



First Choice



Gerber

#### 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

#### Any Brand

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



Essential Everyday

- Apple
- Grape



Hannaford  
• Apple (from concentrate)



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



ShopRite  
• Apple



Tipton Grove  
• Apple

#### Any Brand

- Grapefruit



Freedom's Choice

- Apple



Market Pantry (Target)

- Apple
- Grape



Parade

- Apple



Signature Select (Acme)

- Apple
- Berry Blend\*
- Cranberry\*
- Grape\*



Weis  
• Apple



Best Yet  
• Apple



Great Value (Walmart)

- Apple
- Grape



My Essentials

- Apple (from concentrate)



Seneca  
• Apple



Stop & Shop

- Apple
- Grape



\* New Item



## 64 oz. Non-Refrigerated & Refrigerated Containers

### Any Brand

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

### Any Brand

- Grapefruit



### Apple & Eve

- 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



### 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



### Campbell's

- Tomato
- Low Sodium Tomato



### Diane's Garden

- Vegetable (from concentrate)



### Essential Everyday

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



### Foodtown

- Apple
- Grape



### Freedom's Choice

- Apple (and 48 oz.)
- Grape
- Tomato



### Great Value (Walmart)

- Apple
- Cranberry Grape
- Fruit Punch\*
- Grape
- Mango Peach
- Orange Blend\*
- Pear
- Tomato
- Vegetable
- White Grape Peach



### Hannaford

- Apple
- Grape



### Hy-Top

- Apple
- Grape
- Cranberry Grape
- Tomato
- Vegetable



### IGA

- Apple
- Grape



### 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 (and 48 oz.)



### Kedem

- Grape



### Key Food

- Apple
- Apple Cranberry
- Cranberry
- Pineapple Grape
- White Grape



### Krasdale

- Apple
- Grape



### Langers

- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Concord Grape
- Cranberry Plus
- Cranberry Raspberry Plus
- Pineapple
- Pineapple Orange



### Life Every Day

- Apple
- Grape



### Market Pantry (Target)

- Apple
- Grape
- Tomato



### Mott's

- Apple (and 48 oz.)
- Apple Cherry
- Apple Mango
- Apple White Grape
- Fruit Punch (and 48 oz.)
- Kiwi Strawberry (and 48 oz.)
- Pineapple Passion\*



### Nature's Own

- Apple
- Grape



### My Essentials

- Apple
- Grape



### Northland

- Blueberry Blackberry Acai
- Cranberry (and 48 oz.)
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Grape
- Cranberry Mango
- Cranberry Pomegranate
- Cranberry Raspberry
- Pomegranate Blueberry
- Raspberry Blueberry



### Ocean Spray

- Cranberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Elderberry
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon

Not allowed:  
Cran-flavor varieties



### Old Orchard

- 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



### Parade

- Apple
- Grape



### PriceRite

- Apple



### Red & White

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Grape



### Ruby Kist

- 100% Juice Orange Blend
- Apple (and 48 oz.)
- Orange (48 oz. only)
- Grape
- Pineapple (and 48 oz.)
- Tomato
- White Grape (and 48 oz.)



### Seneca

- Apple (and 48 oz.)



### Sesame Street

- Big Bird's Apple
- Cookie Monster's Berry
- Elmo & Abby's Mango Strawberry
- Elmo's Punch
- Grover's White Grape



### ShopRite

- Apple
- Apple Cider
- Grape
- Pineapple\*
- Tomato
- Vegetable (low sodium)
- White Grape\*

### Not Allowed

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



### Signature Select (Acme)

- Apple
- Cranberry
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Grape
- Pineapple
- Tomato
- Vegetable
- White Grape



### Stop & Shop

- Apple
- Apple Cider
- Cranberry
- Grape
- Tomato
- Vegetable



### That's Smart

- Grape



### Tipton Grove

- Apple
- Grape



### Urban Meadow

- Apple



### V8

- Original
- Vegetable
- Low Sodium Vegetable
- Spicy Hot Vegetable



### Wegmans

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Concord Grape
- Cranberry Raspberry
- Grape



### Weis

- Apple
- Apple with Calcium
- Cranberry
- Cranberry Apple
- Cranberry Grape
- Grape
- White Grape



### Welch's

- Grape
- Grape w/ Calcium
- Red Grape
- Super Berry
- White Grape
- White Grape Peach

## Cold Cereal

12 to 36 oz. only



### Morning Cheerios

- 7 Grain Flakes
- Bran Flakes
- Bran Sticks



### General Mills

- Cheerios
- Multi Grain Cheerios
- Cheerios Hearty Nut Medley\*
- 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
- Wheaties Protein Maple Almond\*
- Wheaties Protein Honey Pecan\*

### 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
- Mighty Life Strawberry Blueberry Bliss\*
- Mighty Life Very 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
- Toasted O's\*



### Hyde Park

- Corn Flakes



### Hy-Top

- Corn Flakes



### IGA

- Bran Flakes Enriched
- Corn Flakes



### Key Food

- Corn Flakes
- Bran Flakes
- Corn Flakes
- Crisp Rice



- Corn Flakes



### Krasdale

- Corn Flakes



### Life Every Day

- Corn Flakes
- Toasted Oats



### My Essentials

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



### Parade

- Corn Flakes



### Ralston

- Corn Flakes



### Red & White

- Corn Flakes
- Bite Sized Frosted Shredded Wheat\*
- Corn Flakes
- Toasted Oats\*



### Shurfine

- Corn Flakes



### Signature Select (Acme)

- Bran Flakes\*
- Corn Flakes
- Shredded Wheat
- Toasted Oats\*



### 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 2 1/2 Minute
- Cream of Wheat Original Instant
- Cream of Wheat Whole Grain 2 1/2 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
- Quick Creamy Wheat\*

Not allowed:  
Quick  
5-Minute



### 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

### Signature Select\*

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

Stone Ground  
100% Whole  
Wheat Bread



### Arnold

Stone Ground  
100% Whole  
Wheat Bread

### Bakers Choice

100% Whole  
Wheat



### Best Yet

100% Whole  
Wheat Bread



### Bimbo

### Essential Everyday

100% Whole  
Wheat



### Franczoz

100% Whole  
Wheat Bread



### Gold Medal

100% Whole  
Wheat Bread

### Key Food

100% Whole  
Wheat



### Krasdale

100% Whole  
Wheat Bread



### Nature's Own

100% Whole  
Wheat Bread

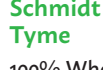
### Pepperidge Farm

Very Thin



### Sara Lee

100% Whole  
Wheat Bread



### Schmidt's

100% Whole  
Wheat Bread

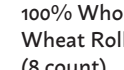
### ShopRite

100% Whole  
Wheat



### Signature Select (Acme)

100% Whole  
Wheat Rolls  
(8 count)



### Stern's

100% Whole  
Wheat Bread

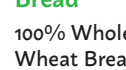
### Stop & Shop

100% Whole  
Wheat



### Sungrain

100% Whole  
Wheat Bread



### Super Bread\*

100% Whole  
Wheat Bread

### The Bakery (Stop & Shop)

100% Whole  
Wheat



### Urban Meadow

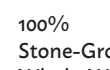
100% Whole  
Wheat Bread



### Weis

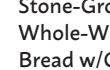
### Windmill Farms

100% Whole  
Wheat



### Wonder

100% Whole  
Wheat Bread  
w/ Gluten,  
Hamatzie

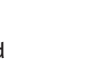


### Weis

100% Whole  
Wheat Bread  
w/ Gluten,  
Mezonos

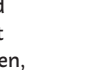
### Wonder

100% Whole  
Wheat



### Weis

100% Whole  
Wheat Bread  
w/ Gluten,  
Mezonos



### Weis

100% Whole  
Wheat Bread  
w/ Gluten,  
Mezonos



## 100% Whole Wheat Pasta

16 oz. package only



### Allegra

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



### Ronzone

Linguine  
Penne Rigate  
Rotini  
Spaghetti  
Thin Spaghetti



### ShopRite

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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