

## 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

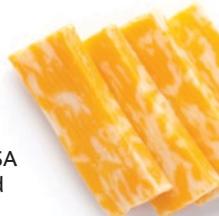
"Plus" milk, Goat milk, Rice milk, Milk with added flavor or sugar, like Nido, Cultured buttermilk, Acidophilus cultured milk, Kefir cultured milk, Organic milk, Leche Klim, Half and half, Milk with added calcium, Ultraskim and superskim milk products, Vegan milk choices



## 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

## Plant-Based Milk

### Allowed

- Half gallon and quart sizes



**8th Continent**  
Original and Vanilla

**bettergoods**  
**Bettergoods**  
Original



**Pacific Foods**  
Ultra Soy Original (quart size only)



**ripple**  
Original\* (quart size only)



**Silk**  
Original, Unsweetened\*, and Vanilla\*

## Tofu

### 16 oz. only

### Allowed

**Azumaya**  
Tofu

**Azumaya**  
Extra Firm and Firm

**Franklin FARMS**

**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

**Weis**

Plain

**Yoplait**

Plain

## Lowfat

**Activia**

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

**Not Allowed: Light**

**Axelrod**

Plain

**Best Yet**

Plain

**Bowl and Basket (ShopRite)**  
Plain, Strawberry and Vanilla

**Coburn Farms**

Plain

**Cream O Land**

Plain

**Crowley**

Plain

**Dannon**

Plain

**Desi Natural Dahi**

Plain

**Essential Everyday**

Plain

**Foodtown**

Plain

**Great Value (Walmart)**

Peach and

Strawberry Banana

**La Yogurt**

Plain

**Lucerne**

Plain

**Weis**

Plain

**White Rose**

Plain

**Yoplait**

Plain

## 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

**La Yogurt**

Plain

**Lucerne**

Plain

**Stop & Shop**

Plain and Vanilla

**Urban Meadow**

Plain

**Wegmans**

Plain

**Weis**

Plain

**White Rose**

Plain

**Yoplait**

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

### Allowed

- Any combination up to amount listed on WIC Benefits
- Multi-packs & pouches allowed
- Any brand



### Light Tuna

- 2.5 oz and up
- Cans or pouches packed with water or oil only (plain varieties only)

### Pink Salmon

- 2.5 oz and up
- Cans or pouches 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, Jack Mackerel, Red salmon, Flavored fish with added seasonings/flavors and other ingredients, Organic fish

## Peanut Butter

16 – 18 oz. only

### Allowed

- Creamy or crunchy
- Reduced/lowfat
- Natural



### 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, 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 (single serving fruit cup packs are allowed)
- Any plain or plain mixed vegetables and fruits
- Packed in water or natural fruit juice
- Applesauce (unsweetened)
- Includes all shelf-stable containers or pouches
- 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



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  
NaturalsBeech-Nut  
Organics

Bowl and Basket

Earth's Best  
Organic

First Choice



Gerber



Good &amp; Gather\*

Happy Baby  
OrganicsNature's  
Promise

O Organics

Once Upon  
a FarmParent's  
ChoicePeter Rabbit  
Organics

Plum Organics



Tippy Toes

Tippy Toes  
OrganicWholesome  
PantryOrganic  
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.)

Market  
Pantry (Target)

- Apple
- Grape

Signature  
Select  
(Acme)

- Apple
- Berry Blend
- Cranberry
- Grape

#### Any Brand

- Grapefruit



Best Yet

- Apple



My Essentials

- Apple (from concentrate)

#### Essential Everyday

- Apple
- Grape



Old Orchard

- 100% Juice

Orange  
Blend

- Apple

• Grape

• Pineapple

• White Grape

#### Freedom's Choice

- Apple

Great Value  
(Walmart)

- Apple

Parade

- Apple



#### Hannaford

- Apple (from concentrate)



Seneca

- Apple

bowl &amp; basket

ShopRite

- Apple

\* New Item

## 64 oz. Non-Refrigerated & Refrigerated Containers

Any Brand	Diane's Garden	Hannaford	Langers	My Essentials	Old Orchard	Ruby Kist	Signature Select (Acme)	V8
• Orange (regular, w/ calcium, w/ pulp, etc.)	• Vegetable (from concentrate)	• Apple • Grape	• 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	• Apple • Grape	• 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	• 100% Juice Orange Blend (48 oz. only) • Apple (and 48 oz.) • Cranberry Pomegranate • Cranberry Raspberry (48 oz. only) • Cranberry Raspberry (and 48 oz.) • Cranberry (low sodium) • Vegetable • Vegetable (low sodium) • White grape*	• Apple • Cranberry • Cranberry Apple • Cranberry Concord Grape • Cranberry Raspberry • Cranberry White Grape	• Original • Vegetable • Low Sodium Vegetable • Spicy Hot Vegetable
Any Brand								
• Grapefruit	Essential Everyday	Hy-Top	Nature's Own	Northland	Seneca	Stop & Shop	Wegmans	
Apple & Eve								
• Apple (and 48 oz.)	• Apple • Apple cider*	• Apple • Apple w/ Calcium						
• Cranberry Apple (and 48 oz.)	• Apple w/ Vitamin D	• Apple w/ Cranberry						
• Cranberry Grape	• Grape	• Pineapple						
• Cranberry Pomegranate	• Tomato	• Tomato						
• Cranberry Raspberry (and 48 oz.)	• Tomato (low sodium)	• Tomato (low sodium)						
• Natural Style Apple	• Vegetable	• Vegetable						
• Naturally Cranberry (and 48 oz.)	• Vegetable (low sodium)	• White grape*						
• Strawberry Passion								
• Watermelon Grape								
Foodtown	Juicy Juice	Life Every Day	Parade	Sesame Street	Stop & Shop	Weis		
	• Any flavor Juicy 100% Juice	• Apple (and 48 oz.)	• Apple	• Big Bird's Apple	• Apple			
	• Apple	• Cherry (and 48 oz.)	• Cherry	• Cookie Monster's Berry	• Apple Cider			
	• Apple	• Fruit Punch (and 48 oz.)	• Fruit Punch	• Elmo & Abby's Mango	• Cranberry			
	• Grape	• Grape (and 48 oz.)	• Grape	• Elmo's Mango	• Cranberry			
	• Grape	• Kiwi Strawberry (and 48 oz.)	• Kiwi Strawberry	• Elmo's Punch	• Cranberry			
	• Grape	• Orange Tangerine (and 48 oz.)	• Orange Tangerine	• Elmo's White Grape	• Tomato			
	• Tomato	• Tomato	• Tomato	• Grover's White Grape	• Vegetable			
Best Yet	Freedom's Choice	Market Pantry (Target)	Ocean Spray	Price Rite	Tipton Grove	Welch's		
• Apple	• Apple	• Apple	• Cranberry	• Apple	• Apple			
• Cranberry	• Apple (and 48 oz.)	• Grape	• Cranberry Cherry					
• Grape	• Orange	• Tomato	• Cranberry Concord Grape					
• Orange (48 oz. only)	• Grape		• Cranberry Elderberry					
• Orange Mango (and 48 oz.)	• Tomato		• Cranberry Mango					
• Orange Pineapple (and 48 oz.)			• Apple White Grape					
• Pineapple (and 48 oz.)			• Cranberry Pineapple					
• Purple Grape			• Cranberry Pomegranate					
• Tomato			• Cranberry Raspberry					
• Vegetable			• Cranberry Watermelon					
• White Grape			Not allowed: Cran-flavor varieties					
Campbell's	Kedem	Red & White	Urban Meadow					
• Tomato	• Grape	• Apple	• Apple					
• Low Sodium Tomato		• Apple	• Apple Cider					
		• Cranberry	• Grape					
		• Apple Cherry	• Pineapple					
		• Apple Mango	• Tomato					
		• Apple White Grape	• Vegetable (low sodium)					
		• Cranberry Pineapple	• White Grape					
		• Cranberry Pomegranate						
		• Cranberry Raspberry						
		• Cranberry Watermelon						
		Not allowed: Cran-flavor varieties						
* New Item								
	Krasdale							
	• Apple							
	• 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

## Cold Cereal

12 to 36 oz. only



### Morning Cheer

- 7 Grain Flakes
- Bran Flakes
- Bran Sticks



### General Mills

- Cheerios
- Multi Grain Cheerios
- Cheerios Hearty Nut Medley
- Cheerios Veggie Blends Apple Strawberry
- Cheerios Veggie Blends Blueberry Banana
- Blueberry Chex
- Cinnamon Chex
- Corn Chex
- Rice Chex
- Wheat Chex\*
- Fiber One Honey Clusters
- Kix
- Mott's Apple Cinnamon\*
- Mott's Very Berry\*
- Total Whole Grain
- Wheaties

### GrainBerry

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



### 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
- Raisin Bran\*



### Post

- Bran Flakes\*
- Grape Nut Flakes
- Great Grains Banana Nut Crunch
- Great Grains Crunchy Pecan
- Great Grains Raisin Date 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
- Raisin Bran
- Strawberry Cream Frosted Shredded Wheat
- Wheat Bran Flakes



### Best Yet

- Bite Size Bite Size Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Toasted O's

**Essential Everyday**

- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Crunchy Corn Squares
- Crunchy Rice Squares
- Raisin Bran
- Strawberry Cream Frosted Shredded Wheat
- Toasted Oats
- Wheat Bran Flakes



### Great Value (Walmart)

- Corn Flakes
- Crisp Rice
- Tasteeos
- Toasted O's

**Hyde Park**

- Corn Flakes

**Hy-Top**

- Corn Flakes

**IGA**

- Bran Flakes Enriched
- Corn Flakes



### Red & White

- Corn Flakes

**bowl & basket**

**ShopRite**

- Bite Sized Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Corn Flakes
- Toasted Oats

**Shurfine**

- Corn Flakes



### weis

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



### Food Club

- Instant Oatmeal Original

**Great Value (Walmart)**

- Instant Oatmeal Original

**Hy-Top**

- 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)**

### 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



### IGA

- Instant Oatmeal Original

**Key Food**

- Corn Flakes

**Kemach**

- Bran Flakes
- Corn Flakes
- Crisp Rice

**Stop & Shop**

- Bran Flakes
- Corn Flakes
- Crispy Rice



### Stop & Shop

- Instant Oatmeal Original
- Instant Cream Farina Original



### Weis

- Instant Oatmeal Original



### Parade

- Instant Oatmeal Original

### Best Yet

- Instant Oatmeal Original



### Urban Meadow

- Corn Flakes
- Rice Crispy
- Toasted Oats



### Wegmans

- Corn Flakes
- Multi-Grain Toasted



### Ralston

- Corn Flakes



### Paskesz\*

- Instant Oatmeal Original



\* New Item

### Not Allowed

Cereals or sizes not listed, Organic cereals

## Brown & Wild Rice\*

8-24 oz. packages

### Allowed

- Any brand
- Long grain or short grain rice
- Instant, quick, boil-in-bag, or regular cooking rice
- Brown/wild rice blends

### Not Allowed

Organic, Rice with added sugars, fats or salt, seasonings/flavors, White, Basmati or Jasmine rice



## 100% Whole Wheat & Corn Tortillas

8-24 oz. packages

America's Choice Whole Wheat	Essential Everyday	La Banderita	Safeway
Carlita Soft White Corn	White Corn*	White Corn	White Corn*
Whole Wheat	Whole Wheat*	Yellow Corn	Yellow Corn
Goya Corn*	Whole Wheat	Whole Wheat	Whole Wheat
Whole Wheat	Whole Wheat*	Fajita Whole Wheat	Whole Wheat
Celia's Whole Wheat	Great Value	Mayan Farm	Signature Select
Yellow Corn	Whole Wheat	Whole Wheat	White Corn*
Chi Chi's Whole Wheat	Herdez	Mex-America	Whole Wheat
White Corn	Whole Wheat Corn	Whole Wheat w/ Honey	Stop & Shop
Don Pancho Whole Wheat	Key Food	Mission	White Corn
White Corn	Whole Wheat	Whole Wheat	Whole Wheat
White Corn	White Corn	Ortega	Wegmans
		Whole Wheat	Whole Wheat
		Weis	Whole Wheat



## 100% Whole Wheat Pasta

12-16 oz. packages

Allegra	Chuster	Good & Gather	Hodgson Mill Signature Select
Spaghetti	Elbows	Rotini	Angel Hair
Barilla	Penne	Spaghetti	Elbows
Angel Hair	Spirals	Great Value (Walmart)	Linguine
Elbows	Spaghetti	Elbows	Penne Rigate
Linguine	Essential Everyday	Linguine	Rotini
Medium Shells		Penne	Spaghetti
Penne	Macaroni	Rotini	Thin Spaghetti
Rotini	Penne Rigate	Spaghetti	Via Roma
Spaghetti	Rotini	Thin Spaghetti	Thin Spaghetti
Thin Spaghetti	Spaghetti	Thin Spaghetti	Weis
Bionaturae Organic	Gia Russa	Heartland	ShopRite
Fettuccine	Angel Hair	Elbow	Penne Rigate
Fusili	Linguine	Rotini	Rotini
Penne Rigate	Penne Rigate	Spaghetti	Spaghetti
Rigatoni	Rotini	Thin Spaghetti	
Spaghetti	Spaghetti		

## 100% Whole Wheat Bread & Bread Products

8-24 oz. packages

### Allowed

- Whole wheat bread, whole wheat bagels, whole wheat English muffins, whole wheat pita and other whole wheat bread products

## Quinoa

12-16 oz. packages

Allowed	Good & Gather	Kitov	Nature's Promise
	Rainbow Quinoa*	Vacuum Packed Quinoa*	Classic White Quinoa*
	Goya	Black Quinoa*	Tri-Color Quinoa*
	Badia	Red Quinoa*	O Organics
	Galil	Tri-Color Quinoa*	Peregrine
	Tri-Color Quinoa*	White Quinoa*	Red Quinoa*
	White Quinoa*	Great Value	Tri-Color Quinoa*
		White Quinoa*	White Quinoa*
		Tri-Color Quinoa*	Minute
		Ios	Multi Grain Medley
		White Quinoa*	Wild Rice & Quinoa*
		Tri-Color Quinoa*	Success
		White Quinoa*	Tri-Color Quinoa*

### Not Allowed

Quinoa with added sugars, fats or salt, seasonings/flavors

8-24 oz. packages

### Allowed

- Whole wheat bread, whole wheat bagels, whole wheat English muffins, whole wheat pita and other whole wheat bread products

America's Choice 100% Whole Wheat Bread	Frankoz 100% Whole Wheat Bread	Market Pantry (Target) 100% Whole Wheat Bread*	Pepperidge Farm 100% Farmhouse Whole Wheat Bread*	Shoprite Bowl & Basket 100% Whole Wheat Bread	Thomas 100% Whole Wheat Bagels (6 count)*
Arnold 100% Stone Ground Whole Wheat Bread	Freihofer 100% Whole Wheat Bread*	100% Whole Wheat Bread*	100% Very Thin Whole Wheat Bread	Signature Select 100% Whole Wheat Bread	100% Whole Wheat English Muffins (6 count)*
100% Whole Wheat Bread	Mission	Whole Wheat Pita*	Whole Grain 100% Whole Wheat Bread*	Stern's 100% Whole Wheat Bread	Toufayan Whole Wheat Pita Bread*
100% Whole Wheat Buns (8 count)*	Great Value	Whole Wheat Pita*	Whole Grain 15 Grain Bread*	Stop & Shop 100% Whole Wheat Rolls (8 count)	Urban Meadows 100% Whole Wheat Bread
100% Whole Wheat Sandwich Thins (6 count)*	Gold Medal	100% Whole Wheat Bread	Whole Grain Thin Sliced 15 Grain Bread*		Windmill Farms 100% Stone-Ground Whole-Wheat Bread w/Gluten, Hamatzie
Whole Grains 100% Whole Wheat Small Sliced Bread*	100% Whole Wheat Bread	100% Whole Wheat Small Loaf Bread*	Whole Grain Oatmeal Bread*		100% Stone-Ground Whole-Wheat Bread w/Gluten, Mezonos
Baker's Choice 100% Whole Wheat Bread	Hannaford 100% Whole Wheat Bread	Panera 100% Whole Wheat Bread*	Whole Grain Thin Sliced*		Wonder 100% Whole Wheat Bread
Best Yet 100% Whole Wheat Bread	Key Food 100% Whole Wheat Bread	PAS 100% Whole Wheat Bread	Sara Lee 100% Whole Wheat Bread		Not Allowed
Bimbo 100% Whole Wheat Bread	Krasdale 100% Whole Wheat Bread	PAS 100% Whole Wheat Bread	100% Whole Wheat English Muffins (6 count)		Flavored breads such as honey and cinnamon raisin
Essential Everyday 100% Whole Wheat Bread		Schmidt Old Time 100% Whole Wheat Bread	Stroehmann 100% Whole Wheat Bread		
			Super Bread 100% Whole Wheat Bread		



Pepperidge Farm 100% Farmhouse Whole Wheat Bread*	Shoprite Bowl & Basket 100% Whole Wheat Bread	Thomas 100% Whole Wheat Bagels (6 count)*
Mission 100% Whole Wheat Pita*	Signature Select 100% Whole Wheat Bread	100% Whole Wheat English Muffins (6 count)*
Whole Grain 100% Whole Wheat Bread*	Stern's 100% Whole Wheat Bread	Toufayan Whole Wheat Pita Bread*
Whole Grain 15 Grain Bread*	Stop & Shop 100% Whole Wheat Rolls (8 count)	Urban Meadows 100% Whole Wheat Bread
Whole Grain Thin Sliced 15 Grain Bread*		Windmill Farms 100% Stone-Ground Whole-Wheat Bread w/Gluten, Hamatzie
Whole Grain Oatmeal Bread*		100% Stone-Ground Whole-Wheat Bread w/Gluten, Mezonos
Whole Grain Thin Sliced*		Wonder 100% Whole Wheat Bread
Sara Lee 100% Whole Wheat Bread		Not Allowed
100% Whole Wheat English Muffins (6 count)		Flavored breads such as honey and cinnamon raisin
Stroehmann 100% Whole Wheat Bread		
Super Bread 100% Whole Wheat Bread		

\* New Item