

# Food List For Vendors

EFFECTIVE  
JAN  
2026

## 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

## 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**

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

**Silk**

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

## Tofu

16 oz. only

### Allowed

**Azumaya**  
Tofu

**Azumaya**  
Extra Firm and Firm

**Franklin Farms**

Extra Firm, Firm,  
Medium and Soft

**House Foods**

**House Foods America**  
Extra Firm, Firm and  
Medium Firm

**大田**  
Nature's Soy

**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

### 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

### LaLa

Mango, Plain,  
Strawberry and  
Vanilla

**La Yogurt**  
Plain and Vanilla

**Lucerne**  
Plain

**Mehadrin (Kosher)**  
Plain

**Stop & Shop**  
Plain

**Urban Meadow**  
Plain

**Wegmans**  
Plain

**Weis**  
Plain

**White Rose**  
Plain

**Yoplait**

Blueberry

Harvest Peach

Kid Strawberry

Banana/Raspberry

Kid Strawberry/  
Blueberry

Kid Strawberry/  
Strawberry Banana

Strawberry Banana

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

**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

## 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

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, 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

\* 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



Good & Gather\*



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.)

#### Any Brand

- Grapefruit



Best Yet

- Apple



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



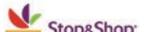
ShopRite

- Apple



Signature Select (Acme)

- Apple
- Berry Blend
- Cranberry
- Grape



Stop & Shop

- Apple
- Grape



Tipton Grove

- Apple



Weis

- Apple



\* 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

\* New Item



### Diane's Garden

- Vegetable (from concentrate)



### Essential Everyday

- Apple
- Apple cider\*
- Apple w/ Calcium
- Apple w/ Vitamin D
- Cranberry
- Grape
- Pineapple
- Tomato
- Tomato (low sodium)
- Vegetable
- Vegetable (low sodium)
- White grape\*



### 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 Grape
- 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



### My Essentials

- Apple
- Grape



### Nature's Own

- 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

### 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



### 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



### 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 Cheers

- 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

## Grain Berry

- 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



## Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners
- Raisin Bran\*
- Strawberry Mini Spooners



## 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\*



## Quaker

- Life Multigrain Cereal Original
- Mighty Life Strawberry Blueberry Bliss
- Mighty Life Very Vanilla
- Oatmeal Squares Brown Sugar
- 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

## 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



## 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
- Tasteeos
- Toasted O's



## Hyde Park

- Corn Flakes
- Crispy Rice
- Crunchy Shredded Wheat
- Corn Flakes
- Crispy Rice



## IGA

- Bran Flakes Enriched
- Corn Flakes



## Kemach

- Bran Flakes
- Corn Flakes
- Crisp Rice



## Key Food

- Corn Flakes



## 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



## ShopRite

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



## Shurfine

- Corn Flakes



## Signature Select (Acme)

- Bran Flakes
- Corn Flakes
- 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
- Toasted Oats
- Wheat Bran Flakes
- Wheat Flakes



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 2 ½ 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



## Paskesz\*

- 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



## Wegmans

- Instant Oatmeal Original



## Wegmans

- Instant Oatmeal Original



## Wegmans

- 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

### Carlita

Soft White Corn

Whole Wheat

### Celia's

Whole Wheat

Yellow Corn

### Chi Chi's

Whole Wheat

White Corn

### Don Pancho

Whole Wheat

White Corn

### Essential Everyday

White Corn\*

Whole Wheat\*

### Goya

Corn\*

Whole Wheat\*

### 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

### Mayan Farm

Whole Wheat

### Mex-America

Whole Wheat

w/ Honey

### Mission

Whole Wheat

Yellow Corn

### Ortega

Whole Wheat

### Safeway

White Corn\*

### ShopRite

Whole Wheat

### Signature Select

White Corn\*

Whole Wheat

### Stop & Shop

White Corn

Whole Wheat

Yellow Corn

### Wegmans

Whole Wheat

Whole Wheat

## 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

### America's Choice

100% Whole Wheat Bread

### Arnold

100% Stone Ground Whole Wheat Bread

100% Whole Wheat Bread

100% Whole Wheat Buns (8 count)\*

100% Whole Wheat Sandwich Thins (6 count)\*

Whole Grains 100% Whole Wheat Small Sliced Bread\*

100% Whole Wheat Bread

### Baker's Choice

100% Whole Wheat Bread

### Best Yet

100% Whole Wheat Bread

### Bimbo

100% Whole Wheat Bread

### Essential Everyday

100% Whole Wheat Bread

### Frankzoz

100% Whole Wheat Bread

### Freihofer

100% Whole Wheat Bread\*

100% Whole Wheat Bread\*

### Great Value

100% Whole Wheat Bread\*

100% Whole Wheat Bread\*

### Gold Medal

100% Whole Wheat Bread

100% Whole Wheat Bread

### Hannaford

100% Whole Wheat Bread

100% Whole Wheat Bread

### Key Food

100% Whole Wheat Bread

100% Whole Wheat Bread

### Krasdale

100% Whole Wheat Bread

### Market Pantry (Target)

100% Whole Wheat Bread\*

100% Whole Wheat Bread\*

### Mission

Whole Wheat Pita\*

### Nature's Own

100% Whole Wheat Bread

100% Whole Wheat Bread

100% Whole Wheat Small Loaf Bread\*

### Panera

100% Whole Wheat Bread\*

100% Whole Wheat Bread\*

### PAS

100% Whole Wheat Bread

100% Whole Wheat Bread

### Pepperidge Farm

100% Farmhouse Whole Wheat Bread\*

100% Very Thin Whole Wheat Bread

100% Whole Grain 100% Whole Wheat Bread\*

100% Whole Grain 15 Grain Bread\*

100% Whole Grain Thin Sliced 15 Grain Bread\*

100% Whole Grain Oatmeal Bread\*

100% Whole Grain Thin Sliced\*

### Sara Lee

100% Whole Wheat Bread

100% Whole Wheat Bread

### Schmidt Old Time

100% Whole Wheat Bread

100% Whole Wheat Bread

## 100% Whole Wheat Pasta

12-16 oz. packages

### 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

### Ronzoni

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

## Quinoa

12-16 oz. packages

### Allowed

- Boil in bag
- Organic
- Any color

### Badia

### Galil

Tri-Color Quinoa\*

White Quinoa\*

### Goldbaums

Baby Quinoa\*

Red Quinoa\*

Tri-Color Quinoa\*

White Quinoa\*

### Good & Gather

Rainbow Quinoa\*

### Goya

Black Quinoa\*

Red Quinoa\*

Tri-Color Quinoa\*

### Great Value

White Quinoa\*

Tri-Color Quinoa\*

### Ios

White Quinoa\*

Tri-Color\*

### Kitov

Vacuum Packed Quinoa\*

### La Bonn'e

Red Quinoa\*

Tri-Color\*

White Quinoa\*

### Lior

Multi Grain Medley

Wild Rice & Quinoa\*

### Minute

Tri-Color Quinoa\*

### Nature's Promise

Classic White Quinoa\*

Tri-Color Quinoa\*

### O Organics

### Pereg

Red Quinoa\*

Tri-Color Quinoa\*

White Quinoa\*

White Quinoa\*

### Success

Tri-Color Quinoa\*

### Not Allowed

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

# 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/>

USDA is an equal opportunity provider, employer, and lender.



\* New Item