

Food List For Vendors

EFFECTIVE
July
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
(half gallon, refrigerated)

bettergoods

Bettergoods

Original
(half gallon, refrigerated)



Pacific Foods

Ultra Soy Original (quart, shelf stable)



Ripple

Original (quart, shelf stable)



Ripple Kids

Original and Unsweetened
Original (quart, shelf stable)



Silk

Original, Unsweetened, and Vanilla (half gallon, refrigerated)

Tofu

16 oz. only

Allowed



Azumaya

Extra Firm and Firm



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

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 and Vanilla

Desi Natural Dahi

Plain

Essential Everyday

Plain

Foodtown

Plain

LaLa

Mango, Plain, Strawberry and Vanilla

La Yogurt

Plain and Vanilla

Lucerne

Plain

Mehadrin (Kosher)

Blndz Strawberry

Blndz Vanilla

Plain

Stop & Shop

Plain

Urban Meadow

Plain

Wegmans

Plain

Weis

Plain

White Rose

Plain

Yoplait

Blueberry

Harvest Peach

Kid Strawberry

Banana/Raspberry

Kid Strawberry/Berry*

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

Norman's (Kosher)

Taste Strawberry

Taste Vanilla

Stop & Shop

Plain and Vanilla

Urban Meadow

Plain

Wegmans

Plain

Weis

Plain

White Rose

Plain

Yoplait

Plain

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

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, grits



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



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



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



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



Avenue A*

- Apple



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



Libby's

- Pineapple Juice



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
- Strawberry Peach



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



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

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 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

Grain Berry

- Cinnamon Frosted Shredded Wheat
- Multi-Brn 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
- Raisin Bran
- 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
- Tasteos
- Toasted O's



Hyde Park

- Corn Flakes



Hy-Top

- Corn Flakes



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

- 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

- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original

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- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original

- Instant Oatmeal Original



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

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



Paskesz

- Instant Oatmeal Original



Quaker

- Creamy Wheat Farina*
- Instant Oatmeal Original **Not allowed: Quick 5-Minute**
- Instant Grits Original
- Quick Creamy Wheat



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

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

Tio Santi

Whole Wheat

Wegmans

Whole Wheat

Weis

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

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

Great Value

100% Whole

Wheat Bread

Gold Medal

100% Whole

Wheat Bread

Hannaford

100% Whole

Wheat Bread

Key Food

100% Whole

Wheat Bread

Krasdale

100% Whole

Wheat Bread

Market Pantry (Target)

100% Whole

Wheat Bread

Mission

Whole Wheat

Pita

Nature's Own

100% Whole

Grain Bread

100% Whole

Wheat Bread

100% Whole

Wheat Small

Loaf Bread

Panera

100% Whole

Wheat Bread

PAS

100% Whole

Wheat Bread

Pepperidge Farm

100% Farmhouse

Whole Wheat Bread

100% Very Thin

Whole Wheat Bread

Whole Grain 100%

Whole Wheat Bread

Whole Grain 15 Grain

Bread

Whole Grain Thin

Sliced 15 Grain Bread

Whole Grain

Oatmeal Bread

Whole Grain Thin

Sliced

Sara Lee

100% Whole Wheat

Bread

Schmidt Old Time

100% Whole Wheat

Bread

Shoprite Bowl & Basket

100% Whole Wheat Bread

Signature Select

100% Whole Wheat Bread

Stern's

100% Whole Wheat Bread

100% Whole Wheat Rolls

(8 count)

Stop & Shop

100% Stone Ground

Whole Wheat Bread

100% Whole Wheat Bread

Whole Wheat English

Muffins (6 count)

Stroehmann

100% Whole Wheat Bread

Super Bread

100% Whole Wheat Bread

Thomas

100% Whole Wheat Bagels

(6 count)

100% Whole Wheat English

Muffins (6 count)

Toufayan

Whole Wheat Pita Bread

Urban Meadows

100% Whole Wheat Bread

Wegmans

100% Hearty Whole Wheat

Bread

100% Soft Whole Wheat

Bread

Whole Wheat English

Muffins (6 count)

Weis

100% Whole Wheat Bread

Windmill Farms

100% Stone-Ground

Whole-Wheat Bread

w/Gluten, Hamatzie

100% Stone-Ground

Whole-Wheat Bread

w/Gluten, Mezonos

Wonder

100% Whole Wheat

Bread

Not Allowed

Flavored breads such as honey and cinnamon raisin

100% Whole Wheat Pasta

12–16 oz. packages

Allegra

Spaghetti

Barilla

Elbows

Linguine

Penne

Rotini

Spaghetti

Thin Spaghetti

Bionaturae Organic

Fettuccine

Fusili

Penne Rigate

Rigatoni

Spaghetti

Cluster

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