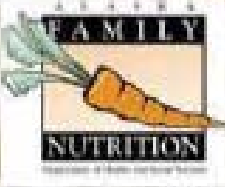


Alaska
WIC
ALLOWED
FOOD LIST



The logo for the Alaska WIC Allowed Food List features a stylized orange carrot with green leaves. Above the carrot, the word "FAMILY" is written in a black box, and below it, the word "NUTRITION" is written in a black box. Below "NUTRITION", there is a line of smaller text: "Department of Health and Social Services".



WHOLE GRAINS

16 oz Whole Wheat Breads

Brand	Type	Size
Earl of Sandwich	100% WW	16 oz.
Grain Basket	14 Grain Harvest	16 oz.
Kroger/Fred Meyer	100% WW	16 oz.
Rubschlagger	European Style Whole Grain	16 oz.
Rubschlagger	100% WW	16 oz.
Roman Meal	100% WW	16 oz.
Franz	100% WW	16 oz.
Sara Lee	Classic 100% WW Bakery	16 oz.
Sara Lee	Soft & Smooth 100% WW	16 oz.

Any combination of approved bread, rolls, brown rice and/or tortillas up to the amount listed on check.

1 lb. = 16 oz.
2 lb. = 32 oz.
WW = Whole Wheat

17-32 oz. Whole Wheat Breads

Brand	Type	Size
Safeway	100% WW	22 oz.
Great Value	100% WW	24 oz.
Orowheat	100% WW	24 oz.
Kroger/Fred Meyer	Country Oven Sandwich 100% WW	24 oz.
Franz	100% WW	24 oz.
Cascade Pride	100% Stone Ground Wheat	24 oz.
Sara Lee	Soft & Smooth 100% WW	20 oz.
Sara Lee	100% WW with Honey Hearty and Delicious 100% WW	24 oz.
Alaska Golden Pride	100% WW	24 oz.
Franz Oregon Trail	100% WW	26 oz.

Whole Grain Buns and Rolls

Brand	Type	Size
Orowheat	100% WW Buns	10 oz.
Kroger/Fred Meyer	100% WW Hamburger Rolls	14 oz.
Kroger/Fred Meyer	100% WW Hot Dog Buns	14 oz.
Orowheat	100% WW Dinner Rolls	14 oz.
Orowheat	100% WW Hamburger Buns	21 oz.
Orowheat	100% WW Hot Dog Buns	14 oz.
Orowheat	Sandwich Thins Multi-Grain	12 oz.
Orowheat	100% WW Dinner Rolls	20 oz.
Safeway	100% WW Hamburger Buns w/ Calcium and Vit. D	16 oz.
Sara Lee	100% WW Mini Buns w/ Calcium and Vit. D	16 oz.
Sara Lee	100% WW Dinner Rolls	18 oz.
Country Oven		

Tortillas and Brown Rice

Brand	Type	Size
Don Pancho	WW , White Corn or Yellow Corn	Up to 16 oz.
La Burrita	WW , White Corn or Yellow Corn	Up to 16 oz.
Reser's	WW , White Corn or Yellow Corn	Up to 16 oz.
Carlita	WW , White Corn or Yellow Corn	Up to 16 oz.
Guerrero	WW , White Corn or Yellow Corn	Up to 16 oz.
Mission	Muilt-Grain wraps, White Corn, Yellow Corn	Up to 16 oz.
Taco Loco	WW , White Corn or Yellow Corn	Up to 16 oz.
La Banderita	WW , White Corn or Yellow Corn	Up to 16 oz.
IGA	WW	Up to 16 oz.
Ortega	WW	Up to 16 oz.
Any Brand of Brown Rice	Plain	Any-up to check total

Soft tortillas only.

FRUITS & VEGETABLES

Fresh Fruits and Vegetables

Brand	Type	Size
Any	Any	Any

Bagged salads and vegetables

Yams or sweet potatoes

Precut/ cleaned fruits and vegetables packaged **in the store** for individual use

Mixtures of fruits and vegetables, whole or cut

Organic

Not Allowed:

Dried fruits and vegetables
 Fruit leathers or fruit roll-ups

Cut fruits and vegetables from salad bars or party platters

Edible blossoms and flowers
 Herbs or spices; vegetable grain, breaded, decorative, fruit baskets and baked goods .

White potato products i.e. red, gold, purple (no product that has white potato in it)

Frozen Fruits and Vegetables

Brand	Type	Size
Any	Any	Any

Frozen Fruits:

Frozen fruits of any variety without added sugars, syrups, fast, oil or salt (sodium). Mixtures allowed. No Juice.

Frozen Vegetables:

Frozen vegetables of any variety without added sugars, syrups, fast, oils. Regular or lower in sodium. Mixtures allowed. Any kind of beans such as, green, wax, black-eyed peas, black or pinto allowed.

Not Allowed:
 White potatoes
 Creamed or sauced vegetables

Canned Fruits and Vegetables

Brand	Type	Size
Any	Any	Any

Canned fruits and vegetables of any variety without added sugars, fats, or oils. Fruit mixtures allowed

Cans or other shelf-stable containers like jars or pouches allowed. Juice pack or water pack.

Regular or lower in sodium. Spaghetti sauce and salsa allowed if no added meat, sugar, fat or oils.

Min sugar allowed for processing vegetables.

Not Allowed:

White potatoes
 Canned legumes

Soup
 Creamed/sauces vegetables

Catsup or other condiments, pickled vegetables
 pizza sauce, or olives

CEREALS

General Mills	Kix Honey Kix Cheerios Multigrain Cheerios Rice Chex (gluten free)	12-36 oz.
Quaker Oats	Life	12-36 oz.
Post	Grape Nut Flakes	12-36 oz.
	Banana Nut Crunch	12-36 oz.
	Honey Bunches of Oats Honey Roasted	12-36 oz.
	Honey Bunches of Oats with Almonds	12-36 oz.

Any combination of approved hot and/or cold cereals up to 36 oz. total.



Cold Cereal

Brand	Type	Size
Flavorite/ Essential Everyday	Corn Flakes Crispy Rice Bran Flakes Oat Squares Honey Oats and More Almonds Frosted Shredded Wheat	12-36 oz.
Kroger/ Fred Meyer	Corn Flakes Crispy Rice Honey Crisp Medley with Almonds Toasted Oats Frosted Shredded Wheat	12-36 oz.
IGA	Corn Flakes Crispy Rice Toasted Oats Frosted Shredded Wheat Bite Sized Frosted Shredded Wheat	12-36 oz.
Malt-O-Meal	Crispy Rice Honey & Oats Blenders with Almonds Frosted Mini Spooners	12-36 oz.
Ralston	Corn Flakes Crispy Rice Bran Flakes Tasteos Frosted Shredded Wheat	12-36 oz.
Carrs/ Safeway	Corn Flakes Crispy Rice Bran Flakes Oats and More Almonds Frosted Shredded Wheat	12-36 oz.
Western Family	Corn Flakes Crispy Rice Bran Flakes Oats and More Almonds Toasted Oats Frosted Shredded Wheat	12-36 oz.
Great Value	Corn Flakes Crispy Rice Bran Flakes Toasted Oats	12-36 oz.

Hot Cereal

Brand	Type	Size
Quaker Oats	Oatmeal (individual servings only) Instant Grits	11.8-36 oz.
Malt-O-Meal	Original	11.8-36 oz.
Cream of Wheat	Whole Grain Original 2 1/2 Minute Original 1 Minute Original 10 Minute Instant	11.8-36 oz.
Better Oats Flavored oatmeal	Apples & Cinnamon Maple & Brown Sugar	11.8-36 oz.
Ralston/ Western Family	Regular Instant Oatmeal	11.8-36 oz.
Cream of Rice	Gluten Free	11.8-36 oz.

**Cold Cereal Minimum Pkg. = 12 oz. Hot
Cereal Minimum Pkg. = 11.8 oz.**

JUICE				
Flavor	Frozen Concentrate Sizes	Can or Plastic Sizes	Brands	Types
Apple	12 oz. woman 16 oz. child	46-48 oz. woman 64 oz. plastic child	Flavorite/Essential Everyday Kroger/Fred Meyer Great Value IGA Safeway Treetop Western Family	(Cider allowed for IGA and Flavorite/Essential Everyday ONLY)
Orange	12 oz. woman 16 oz. child	46-48 oz. woman 64 oz. plastic child	Flavorite/Essential Everyday Kroger/Fred Meyer Great Value IGA Safeway Minute Maid (blends allowed) Western Family	Regular Pulp Free Added Pulp Country Style Low Acid Calcium Fortified
Grape	12 oz. woman 16 oz. child	46-48 oz. woman 64 oz. plastic child	IGA Safeway Flavorite/Essential Everyday Western Family Welch's (yellow pulls strip) Kroger/Fred Meyer	White Purple No blends
Tomato/ Vegetable		46-48 oz. woman 64 oz. plastic child	Flavorite/Essential Everyday Kroger/Fred Meyer Great Value IGA Safeway Western Family Campbell's Tomato & V8 V8 Calcium Enriched & Essential Antioxidants Shoppers Value	Regular Low Sodium Spicy
Juice Blends	12 oz. woman 16 oz. child		Dole Old Orchard	
Juicy Juice & Welch's 100% Juice		11.5 oz. (women only)	Pourable Concentrates	Any
Grapefruit	12 oz. woman 16 oz. child	46-48 oz. woman 64 oz. plastic child	Flavorite/Essential Everyday Kroger/Fred Meyer Great Value IGA Safeway Minute Maid Western Family Texsun Langers (Ruby Red only)	Regular Pink White Ruby Red
Pineapple	12 oz. woman 16 oz. child	46-48 oz. woman 64 oz. plastic child	Dole 100% Juice Blends Kroger/Fred Meyer Great Value IGA Safeway Western Family Essential Everyday	

*Must be 100 % juice with 120% of Daily Value Vitamin C per 8 oz. serving.
Refrigerated plastic bottles are not allowed.*



DAIRY

Milk	Fresh milk warrant: Whole Skim Nonfat 1% low fat Light 2% reduced fat Buttermilk Calcium fortified Protein fortified Acidophilus	If no other type of fresh milk is available or if listed on warrant: UHT (shelf stable) Ultra Pasteurized	Only if listed on warrant: Lactose Free or Reduced Evaporated Dry Milk Goat Milk	Not Allowed: Chocolate Other "non dairy" Fruit flavored Organic Containers smaller than half gal. (unless printed on warrant or UHT is only available)
Soy Beverage	Brands Allowed: <i>Pacific Nature Foods Ultra Soy</i> : quart size; UHT shelf stable <i>8th Continent</i> : <i>Refrigerated</i> ; UHT shelf stable	Flavors: Plain Vanilla		
Tofu	Brands Allowed:	Types:	Sizes:	<i>Must be:</i> <i>Calcium Set Refrigerated or shelf-stable.</i> <i>Includes organic.</i>
Azumaya	Silken Lite Silken Firm	14 - 16 oz.		
Nasoya	Silken Lite Silken Firm Extra Firm	14 - 16 oz.		
House Foods	Premium Silken Premium Medium Premium Firm Premium Extra Firm	14 - 16 oz.		
Soga All Natural	Extra Firm	14 - 16 oz.		
Westsoy	Lowfat Firm	14 - 16 oz.		
O Organics	Firm	14 - 16 oz.		
Cheese	Brands Allowed: Least expensive only	Types: Domestic American Kraft Deluxe American loaf Cheddar (mild or medium) Colby Colby-Jack Monterey Jack Mozzarella (regular only) Swiss	16 oz. or larger	Low fat/low sodium allowed. American is ONLY sliced/individually wrapped allowed.
	Not Allowed: Cheese food product, spread, shredded grated, string, sharp or extra sharp, imported, deli, organic, soy, goat, or raw, extra flavorings or added ingredients			
Eggs	Brands Allowed: Any	Type: Small, Medium or Large	Up to amount on check (or less)	If fresh eggs not available: Ova Easy dry eggs (4.5 oz. Pkg. = 1 Doz.)
	Not Allowed: Brown, extra large, jumbo, low-cholesterol, organic, Eggland's Best, free range or "Naturally Nested"			

PROTEIN

Beans	Brand: Any	Type: Mature dry beans Peas Lentils Mixed	Canned beans no smaller than 15 oz. and no larger than 16 oz. Up to 64 oz. of canned beans may be substituted for 16 oz. dry	Regular or lower in sodium Minimum sugar allowed for processing
	Not Allowed: Green beans Orange beans Organic			
	Immature beans Wax beans Bean Soup Mix	Green peas Pork & Beans Baked beans (unless on check)	Snap peas Bulk	
	<i>No beans containing added sugars, fats, meats or oil.</i>			
Fish	Canned Pink Salmon	14.75 oz. 7.5 oz. 6 oz. 5 oz.	Skin and bones allowed	
	Canned Tuna	6.25 oz. or less	Packed in water	Not Allowed: Albacore or White
	Sardines	3.75 oz. 15 oz.	Packed in oil or water Added flavors and skin and bones allowed	
Peanut Butter	Brand: Least expensive	16 oz. to 18 oz.	Low sodium Low sugar Natural allowed	Not Allowed: Low-fat Honey Roasted Organic Bulk Grind your Own <i>No added jelly, honey or marshmallows</i>

WIC Food List 2019



INFANT NUTRITION

Fruits and Vegetables

Brand:	Stage:	Size:	Allowed:	Not Allowed:
Beech-Nut	2	4 oz.	Single ingredient or combination of single ingredients	Organic Additives (DHA/ARA etc.) Guava Mango Papaya Mixtures with rice, milk or cereal
Gerber	2 1/2	6 oz.		
Parent's Choice	3	3.5 oz. 2-pack		
<i>Banana may replace infant fruit or vegetables as follows: 1 lb. banana for 8 oz. fruit Maximum of 2 lb. banana for 16 oz. of fruit</i>				

Infant Meats

Brand:	Type:	Texture:	Allowed:	Not Allowed:
Any	Meat Poultry	Pureed through diced	May have added broth or gravy	Organic Additives (DHA/ARA etc.) Added sugar or salt (sodium) Combinations/dinners (i.e. meat and vegetables or spaghetti and meatballs)

Infant Cereal

Brand:	Size:	Allowed:	Not Allowed:
Beech-Nut	8 oz.	Any combination of: Barley Oatmeal Rice Mixed Multi Grain	Organic Additives (DHA/ARA etc.) Added fruit Single serving boxes Cereal in jars
Gerber			
	16 oz.		

Infant Formulas

Brand:	Size:	Allowed:	Not Allowed:
Similac Advance	12.4 oz. or 13 oz. concentrate	Exact quantity listed on check	Substitutions Quantity less than listed on check
Mead Johnson ProSoBee	12.9 oz. or 13 oz. concentrate		
Or specific formula listed on check			

Infant Food Quantities

64 oz. (Fruit and Vegetables)	16 (4 oz.) jars or
	10 (6 oz.) jars or
	9 (7 oz.) containers or 9 (2 pks. 3.5 oz.)
17.5 oz. (Meats)	7 (2.5 oz.) jars
20 oz. (Meats)	8 (2.5 oz.) jars

