

Breastfeeding – A Gift That Lasts a Lifetime



BREASTFEEDING WOMEN

CHUNK LIGHT TUNA

5 oz. can, water or oil packed.

No organic, albacore, individual serving or pouches.

PINK SALMON

5 oz. or 14.75 oz. can

No red sockeye, smoked, individual serving, pouches or organic.



BREASTFEEDING INFANTS

BABY FOOD MEATS

No organic, DHA, dinners or graduates.



Gerber 2.5 oz. jars
Varieties (with gravy): chicken, ham, beef, turkey



Beech Nut 2.5 oz. jars
Varieties (with broth): beef, chicken, turkey, ham



North Dakota Department of Health
WIC Program
600 E. Boulevard Ave.
Bismarck, N.D. 58505
701.328.2496 • Toll Free 800.472.2286

*USDA prohibits discrimination in its programs.
To file a complaint, write:*

USDA
Director, Office of Adjudication
1400 Independence Ave. SW
Washington, DC 20250-9410

NORTH DAKOTA

WIC Food List



AS OF NOVEMBER 1, 2012



MILK

Gallons only; half gallons or quarts if specified on check.

Whole, 2%, 1%, skim, calcium fortified, extra protein, acidophilus, cultured buttermilk, lactose free, non-fat dry milk powder (8 qt.), evaporated, Meyenberg Goat's Milk (quart, 12 oz. can powder or evaporated)



No chocolate or flavored, organic, rice or sweetened condensed milk. No Bessy's Best Milk.



SOY MILK

Half gallons

8th Continent – original flavor only



No complete, light, fat-free, chocolate or vanilla.



CHEESE

8 oz. or 16 oz. size, reduced fat allowed
(1 pound = 16 oz. or two-8 oz. packages)

American, cheddar, colby jack, colby, farmer, Swiss, mozzarella, marble jack, Muenster, Monterey jack, string (no individually wrapped)



No sliced, cubed or shredded. No cheese foods, cream cheese or spreads. No added ingredients, pepper jack, smoked or organic. No random weight or deli cheese.



WIC ALLOWED JUICE

12 OZ. FROZEN CONCENTRATE



Orange
Any 100% brand



Grapefruit
Any 100% brand



Any 100%
Dole Juice



Flavorite Apple
Also: Essential Everyday,
Our Family, Great Value,
Food Club, HyTop, Market
Pantry, Minute Maid,
Shurfine and Albertsons



Any 100%
Old Orchard Juice
(Green band only)

***No Grape/White Grape**

11.5 OZ. SHELF-STABLE CONCENTRATE



Juicy Juice
Any 100% juice
variety

11.5 OZ. SHELF-STABLE CONCENTRATE



Welch's
Any 100% juice
variety, except
grape*

***Yellow Band Only**

64 OZ. PLASTIC



Old Orchard
Any 100% Juice

No Premium or
Healthy Balance
varieties.

***No Grape/White Grape**



Food Club Apple

Also: Langers,
Essential Everyday,
Great Value,
Flavorite, Our
Family, Market
Pantry, HyTop,
Shurfine and
Albertsons



Ocean Spray
Red/White
Grapefruit

Also: Our
Family, Essential
Everyday,
Flavorite and
Albertsons



Langers
Pineapple

Also: Food
Club, Our
Family, Flavorite,
Essential
Everyday



Our Family
Orange

Also: Food
Club, Langers,
Flavorite and
Essential
Everyday



V8 Vegetable Juice

Also: Food Club, Great
Value, Market Pantry,
Essential Everyday,
HyTop, Albertsons,
Shurfine and Our
Family

No V8 Splash.
Low sodium allowed.



Campbell's
Tomato

Also: Great Value,
Our Family,
Essential Everyday,
Food Club, HyTop,
Shurfine and
Albertsons

Must be 100% juice and at least 100% Vitamin C. Can be calcium-fortified. No 46, 48, 96 or 128 oz. plastic containers. No 46 oz. cans. No organic, cocktails, apple cider, grape/white grape, fruit drinks, lemonade, prune, single servings or refrigerated.





EGGS

Fresh, one-dozen package only, medium or large



No organic, brown, cage-free, speciality or pasteurized eggs.



PEANUT BUTTER

Store brand only
18 oz. jar only, creamy, crunchy or chunky



*No reduced fat, spreads, organic, omega-3, or enhanced.
No added chocolate, jelly or honey.
No national brands (such as Jif, Reese's, etc.)*



BEANS, PEAS & LENTILS

Dry (1 or 2 lb. size)
Canned (15 to 16 oz. size)
Any variety of plain beans, peas or lentils.
Refried beans (fat free only)



*No baked beans, green beans, sweet peas, chili beans, wax beans, pork and beans, bean mixes/soups or organic.
No added sugars, fats, meats or oils.*

FRESH FRUITS & VEGETABLES

All fresh fruits and vegetables, including yams and sweet potatoes

Also allowed: pre-cut or packaged fruits and vegetables and bagged salads/coleslaw

No canned, jarred, dried or frozen fruits/vegetables.
 No potatoes (sweet potatoes and yams are allowed).
 No salad bar/deli items, pre-cut or packaged fruits and vegetables with dips, bagged salads with dressing.
 No fruit baskets or decorative vegetables (gourds, pumpkins) and fruits.
 No herbs and spices (such as, parsley, basil, cilantro, rosemary, thyme, etc.)



USING YOUR CASH VALUE VOUCHER

The Cash Value Voucher (CVV) is cashed like a normal WIC check, but there are some slight differences:

1. The total value of the CVV is indicated on the check – you may purchase fresh fruits and vegetables up to the maximum value.
2. If the total purchase amount goes over the face value of the CVV, you may pay the difference in another acceptable tender (cash, SNAP/ Food Stamps, etc.).
3. If the total purchase amount is less than the face value of the CVV, you will not receive any cash back.
4. Each CVV needs to be processed separately and cannot be combined with the value of another CVV or another WIC check.

SHOPPING CHART

FRESH FRUITS AND VEGETABLES BUYING GUIDE



When buying fresh fruits and vegetables, use the chart below to help you estimate the cost of your purchase.



1. Place the item on the grocery scale.
2. Round the weight up to the nearest pound (lb.) or half pound.
3. Estimate the cost of the item based on the chart.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

Buying Tips

- Check your grocery store's weekly sales ads.
- Buy fruits and vegetables that are in season.
- Do not buy produce that is bruised or damaged.

Shopping List for a \$6 Fruit and Vegetable Voucher

Items	Price
2 lbs. bananas at 65¢/lb.	\$1.30
1 lb. bag baby carrots	\$1.69
1 lb. apples at \$1.47/lb.	\$1.47
1 bunch romaine lettuce	\$1.49
Total	\$5.95

Shopping List for a \$10 Fruit and Vegetable Voucher

Items	Price
1 lb. container strawberries	\$2.50
1 lb. sweet potatoes at \$1.17/lb.	\$1.17
2 lbs. oranges at \$1.77/lb.	\$3.54
1 lb. broccoli at \$1.47/lb.	\$1.47
2 cucumbers at 50¢ each	\$1.00
Total	\$9.68



COLD CEREALS – 12 oz. or larger



Grape-Nuts + ▲
& Grape-Nuts Flakes ▲



Kix ▲ (regular only)



Cheerios ▲ & Multi-Grain Cheerios ▲



Mini Wheats ▲ +
Also: Bite Size + ▲, Unfrosted + ▲, Little Bites+ ▲



Life (original only) ▲
Also: Our Family 4 Corner Crunch, Shurfine OatWise, Essential Everyday Oat Squares, Flavorite Oat Squares



Honey Bunches of Oats
(Honey Roasted only)



Complete All-Bran
Wheat Flakes ★ # + ▲



Oatmeal Squares
(blue box only) ★ + ▲



Frosted Mini
Spooners ★ + ▲



Our Family Toasted Oats
Also: Food Club, Great Value, HyTop, Market Pantry, Shurfine and Essential Everyday



Total Whole Grain # ★ ▲
Also: Great Value Multi Grain Flakes/
HyTop Multi Grain Flakes



Great Value Frosted
Shredded Wheat
Also: Our Family, Food Club, HyTop, Market Pantry, Shurfine and Essential Everyday



Crispix
Also: Our Family/ Essential Everyday Crispix Hexagons, Food Club Twin Grain Crisp, Shurfine Crunchy Corn & Rice



Corn Flakes
Also: Our Family, Food Club, Great Value, HyTop, Shurfine and Essential Everyday



Bran Flakes + ▲
Also: Our Family, Food Club, HyTop, Great Value, Shurfine and Essential Everyday



Malt O Meal Crispy Rice ★
Also: Our Family, Food Club, Great Value/HyTop Crisp Rice, Shurfine and Essential Everyday



Essential Everyday Nutty Nuggets
Also: Our Family/ Shurfine Nutty Nuggets, Food Club Wheat n Crunchy, Great Value Crunchy Nuggets



Corn, Rice, Wheat ★ + ▲
and Multi-Bran + ★ Chex
Also: Our Family Corn, Rice or Wheat Biscuits, Food Club/Essential Everyday Corn or Rice Squares, Great Value Toasted Rice, Corn or Wheat, Shurfine Crunchy Rice, Corn & Wheat



HOT CEREALS



Quaker Instant Oatmeal ▲
(original only, packets only)
Also: Our Family, Food Club,
Great Value, HyTop, Essential
Everyday, Shurfine and Market
Pantry



Malt O Meal
plain ★ or chocolate ★



Cream of Wheat (1 min., 2 ½ min., 10 min.)
Whole Grain + ▲ (2 ½ min.)

CEREAL KEY

- ★ - 100% FOLATE/
FOLIC ACID
- # - 100% IRON
- + - 4 GRAMS
OR MORE OF FIBER
- ▲ - 51% OR MORE
WHOLE GRAIN

Buy any combination
of cereals 36 oz. or less.

$$18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$16 \text{ oz.} + 19 \text{ oz.} = 35 \text{ oz.}$$

$$12 \text{ oz.} + 24 \text{ oz.} = 36 \text{ oz.}$$



INFANT CEREAL



8 or 16 oz. box – rice, oatmeal,
mixed grain, whole wheat,
barley

No added fruit or formula,
organic or DHA.



BABY FOODS – FRUITS & VEGETABLES

Gerber – 4 oz. jars, single ingredient only

2nd Foods fruits: applesauce,
bananas, pears

2nd Foods vegetables: sweet
potatoes, squash, carrots, green
beans, peas



Gerber – 3.5 oz. plastic
(two packs), single ingredient only

2nd Foods fruits: apples, bananas, pears,
peaches

2nd Foods vegetables: sweet potatoes,
squash, carrots, green beans, peas



Beech Nut – 4 oz. jars,
single ingredient only

Stage 2 fruits: applesauce, peaches,
pears, bananas

Stage 2 vegetables: squash, sweet
carrots, sweet peas, sweet potatoes,
and green beans



No organic, DHA, dinners, desserts and smoothies,
combinations (ex., apple blueberry), 1st Foods, 3rd Foods or
diced.



FORMULA



Brand, size and
amount as indicated
on check.

No substitutions or
exchanges allowed.



BREAD

Must be whole-wheat or whole-grain bread/buns
 1 lb. (16 oz.) for women
 Up to 2 lbs. (32 oz.) for children

BREAD BRANDS

- Our Family** 100% Whole Wheat Bread (16 oz.)
- Village Hearth** 100% Whole Wheat Bread (16 oz.)
- Wonder Soft** 100% Whole Wheat Bread (16 oz.)
- Great Value** 100% Whole Wheat Bread (20 oz.)
- Sara Lee** Soft and Smooth 100% Whole Wheat Bread (16 oz. or 20 oz.), Classic 100% Whole Wheat Bread (16 oz. or 20 oz.)
- Country Hearth** 100% Whole Wheat Bread (24 oz.)
- Sweetheart** 100% Whole Wheat Bread (24 oz.)
- Food Club** 100% Whole Wheat Bread (16 oz.)

BUN BRANDS

- Sara Lee** 100% Whole Wheat Thin Style Buns (12 oz.)
- Village Hearth** Slender Rounds Whole Wheat (12 oz.)
- Brownberry** 100% Whole Wheat Sandwich Thins (12 oz.)
- Brownberry** Multi-Grain Sandwich Thins (12 oz.)
- Brownberry** Honey Wheat Sandwich Thins (12 oz.)



BROWN RICE

Must be plain, whole grain
 Bagged or boxed – instant allowed
 Up to 1 lb. (16 oz.) for women
 Up to 2 lbs. (32 oz.) for children

No Uncle Ben's, wild rice, blends, ready rice or organic rice.



WHOLE WHEAT TORTILLAS

Up to 1 lb. (16 oz.) for women
 Up to 2 lbs. (32 oz.) for children

BRANDS

- Chi Chi's** Whole Wheat (16 oz.)
- Carlita** Whole Wheat (16 oz.)
- La Banderita** Whole Wheat (12.7 oz. or 16 oz.)
- Resers** Whole Wheat (15 oz.)
- Mission** Whole Wheat (16 oz.) – No Carb Balance products
- Cruz** Whole Wheat (12.8 oz.)
- Don Pancho** Whole Wheat (16 oz.)
- Ortega** Whole Wheat (16 oz.)
- Frescado's** Whole Wheat (15.5 oz.)
- Food Club** Whole Wheat (16 oz.)



SOFT CORN TORTILLAS

Up to 1 lb. (16 oz.) for women
 Up to 2 lbs. (32 oz.) for children

BRANDS

- Mission** White or Yellow Corn (27.5 oz.)
- Cruz** Corn (10 oz. or 27 oz.)
- La Burrita** Corn (16 oz.)
- Azteca** Corn (27 oz.)
- Don Pancho** Corn (16 oz.)
- La Banderita** Corn (16 oz. or 27.5 oz.)
- Food Club** Corn (16 oz.)

