

# 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 DECEMBER 1, 2013



# 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

Silk - original flavor only

No complete, light, fatfree, 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



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



Any 100%  
Old Orchard Juice  
(Green band only)

**\*No Grape/White Grape**

## 64 OZ. PLASTIC



Old Orchard  
Any 100% Juice

No Premium, Healthy  
Balance varieties, Very  
Cherre or For Kids.



Market Pantry Apple

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



Essential Everyday  
Grapefruit

Also: Our Family



Langers Pineapple

Also: Food Club, Our Family  
and Essential Everyday

**\*No Grape/White Grape**



Food Club  
Orange

Also: Langers and  
Essential Everyday



V8 Vegetable Juice

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

No V8 Splash.  
Low sodium allowed.



Campbell's Tomato

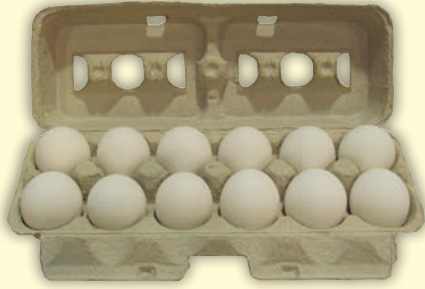
Also: Great Value,  
Our Family, Essential  
Everyday, Food Club,  
HyTop, Shurfine and  
Market Pantry

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, fresh pressed apple juice, 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\**

16 - 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

Any variety of plain beans, peas or lentils.

Refried beans (fat free only)

Dry (1 or 2 lb. size)

Canned (15 to 16 oz. size)



*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
<b>Total</b>	<b>\$5.95</b>

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
<b>Total</b>	<b>\$9.68</b>



# COLD CEREALS – 12 oz. or larger



Grape-Nuts + ▲  
& Grape-Nuts Flakes ▲



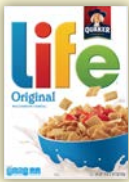
Kix ▲ (regular only)



Cheerios ▲ & Multi-Grain Cheerios ▲



Original ▲ +, Big Bite + ▲, Unfrosted + ▲, and Little Bites Mini Wheats + ▲ (original only)



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



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



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



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



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



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



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



Honey Bunches of Oats (Honey Roasted only)  
Also: Our Family Oats and More with Honey, Essential Everyday Honey Oats and Flakes, Food Club Honey and Oats, Market Pantry Honey Oat Mixers and Malt O Meal Oat Blenders with Honey



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



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



Corn, Rice, Wheat ★ + ▲  
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. container – rice,  
oatmeal, multigrain, 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  
Graduate foods.



# 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 (16 oz.)
- Food Club** Whole Wheat (16 oz.)



# SOFT CORN TORTILLAS

Yellow corn or white corn allowed

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

## BRANDS

- Mission** Corn (25 oz.), Extra Thin (16 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.)
- Carlita** Corn (16 oz.)

