

Breastfeeding – A Gift That Lasts a Lifetime

BREASTFEEDING WOMEN

CHUNK LIGHT TUNA

5 oz. can, water or oil packed. Low sodium allowed.

No organic, albacore, individual serving or pouches.

PINK SALMON

5 oz. or 14.75 oz. can. Low sodium allowed.

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



Tippy Toes 2.5 oz. jars
Varieties (with gravy): chicken, turkey, beef



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 OCTOBER 1, 2014



MILK

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

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



No 2%, 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, Swiss, mozzarella, marble jack, Muenster, Monterey jack, string (individually wrapped allowed)

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,
HyTop 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.



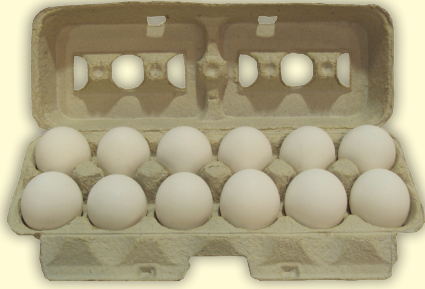
Campbell's Tomato
Also: Great Value,
Our Family, Essential
Everyday, Food Club,
HyTop, Shurfine and
Market Pantry
Low sodium allowed.

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, honey or marshmallow.
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)

Low sodium allowed.



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 fresh 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 \$8 Fruit and Vegetable Voucher

Items	Price
2 lbs. bananas at 69¢/lb.	\$1.38
1 lb. bag baby carrots	\$1.69
2 lb. apples at \$1.57/lb.	\$3.14
1 bunch romaine lettuce	\$1.69
Total	\$7.90

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 ▲



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 ★ + ▲



Post Alpha Bits ▲



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



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



Food Club Multigrain Medley
Also: Shurfine, Great Value Toasted Multi-Grain, Essential Everyday Multi Grain, and Our Family Multi-Grain Toasted Oats



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 Squares



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.)



INFANT CEREAL



8 or 16 oz. container – rice,
oatmeal, multigrain, whole
wheat, barley

No added fruit or formula,
organic or DHA.

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.

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

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

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

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



BABY FOODS – FRUITS & VEGETABLES

Tippy Toes – 4 oz. jars, single ingredient only

Stage 2 fruits: applesauce,
applesauce

Stage 2 vegetables:

sweet potatoes, carrots, peas,
squash



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
 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.)
- Food Club** 100% Whole Wheat Bread (16 oz.)

BUN BRANDS (For Children Only)

- 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

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

BRANDS

- Chi Chi's** Whole Wheat (16 oz.)
- Carlita** Whole Wheat (16 oz.)
- La Banderita** Whole Wheat (16 oz.)
- Mission** Whole Wheat (16 oz.) – No Carb Balance products
- Don Pancho** Whole Wheat (16 oz.)
- Ortega** Whole Wheat (16 oz.)
- Frescodos** Whole Wheat (16 oz.)
- Food Club** Whole Wheat (16 oz.)



SOFT CORN TORTILLAS

Yellow corn or white corn allowed

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

BRANDS

- Mission** Corn, Extra Thin (16 oz.)
- La Burrita** Corn (16 oz.)
- Don Pancho** Corn (16 oz.)
- La Banderita** Corn (16 oz.)
- Food Club** Corn (16 oz.)
- Carlita** Corn (16 oz.)

