

## MILK

No organic allowed

### ALLOWED

- Fat free milk (skim)
- Low fat milk (½%, 1%)
- Reduced fat milk (2%)
- Buttermilk

### ALLOWED ONLY IF ON YOUR WIC SHOPPING LIST

- Whole milk
- Powdered milk (nonfat dry) 25.6 oz, 32 oz, 64 oz
- Evaporated milk (skim, 2%, whole)
- Goat's milk
- Lactose free milk (skim, ½%, 1%, whole)

### NOT ALLOWED

- Flavored (chocolate, strawberry, other flavors)
- Evaporated filled
- Soy
- Guernsey
- Value added (Kid's Milk, Fit Milk, Over the Moon)
- Vitamite
- Glass bottles
- Unhomogenized



## BEANS, LENTILS & PEAS

No organic allowed

### ALLOWED DRY

- 16 oz package
- Any type

### NOT ALLOWED DRY

- Barzi beans
- Dry beans with seasoning packets

### ALLOWED CANNED

- 15-16 oz can
- Brands – Bush's, Flavorite, Great Value, Halstead Acres, IGA, Kroger, Meijer, Our Family, Sierra Miguel, Spartan
- Low sodium of any allowed brand

### NOT ALLOWED CANNED

- Beans with added fat, oil, or meat
- Baked beans
- Pork and beans
- Chili beans
- Refried beans
- Green beans
- Snap beans
- Wax beans
- Yellow beans
- Green peas
- Sweet peas



## EGGS

No organic allowed

- ▶ 1 dozen

### ALLOWED

- Grade A or AA
- Small, medium, large
- White ONLY

### NOT ALLOWED

- Extra large
- Jumbo
- Free range, cage free, low cholesterol, OMEGA-3, pasteurized
- Eggland's Best, Gold Circle Farms, Good News Eggs



## PEANUT BUTTER

No organic allowed

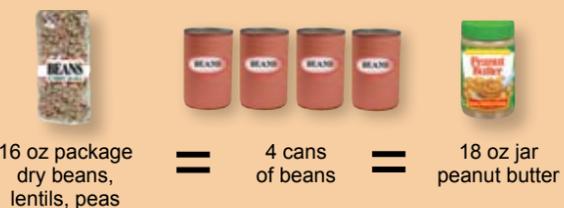
- ▶ 18 oz jar ONLY
- ▶ Smooth, creamy, crunchy, extra crunchy

### NOT ALLOWED

- Health Valley, Arrow Head Mills, Fifty50
- Peanut butter mixed with jelly, marshmallow, honey, other flavorings
- Reduced fat peanut butter
- Peanut spread
- Peanut butter with DHA



## BEAN & PEANUT BUTTER EXCHANGE



## COLD CEREALS

No organic allowed

- ▶ 11 oz package or larger
- ▶ These brands and flavors ONLY



**Cheerios**  
Plain▲ Multi Grain▲



**Kix**  
Plain



**Chex**  
Rice● Wheat ●▲



**Malt-O-Meal Mini Spooners**  
Frosted▲  
Strawberry Cream●▲



**STORE BRAND CORN SQUARES, BISCUITS, BITZ** (like Corn Chex)  
America's Choice, Flavorite, Great Value, IGA, Kroger, Meijer, Our Family, Roundy's, Spartan



**Special K**  
Plain●



**Mini-Wheats**  
Unfrosted Bite Size▲  
Plain Frosted Bite Size▲  
Plain Frosted Big Bite▲



**Corn Flakes**  
Plain



**Honey Bunches of Oats**  
Vanilla Bunches▲  
Honey Roasted, Almonds  
Cinnamon Bunches



**STORE BRAND CORN FLAKES**  
America's Choice, Flavorite, Great Value, Hy-Top, IGA, Kroger, Meijer, Mornin' Gems, Our Family, Parade, Roundy's, Spartan



**Post Selects**  
Banana Nut Crunch▲



**Bran Flakes**▲



**King Vitaman** ●



**Quaker Oatmeal Squares**  
Brown Sugar●▲  
Cinnamon●▲



**Life**  
Plain●▲



**STORE BRAND CRISPY RICE**  
America's Choice, Flavorite, Great Value, Hy-Top, IGA●, Kroger●, Meijer, Mornin' Gems, Our Family, Parade, Roundy's, Spartan●

All WIC cereals provide a good source of iron  
Cereals with (●) provide 100% daily folic acid  
Cereals with (▲) are made with whole grains and provide good fiber

## HOT CEREALS

No organic allowed

- ▶ 11 oz package or larger
- ▶ These brands and flavors ONLY



**Instant Cream of Wheat**  
(Original Flavor)  
14 oz or 28 oz box,  
12 oz Individual Packets,  
18 oz Whole Grain box▲



**Malt-O-Meal**  
(Original●  
Chocolate Flavor●)



**Quaker Instant Grits**  
(Original, Butter Flavor ONLY)  
Individual Serving Packets ONLY



**Quaker Instant Oatmeal**  
(Regular Flavor▲)  
Individual Serving Packets ONLY



**Maypo**  
Instant Oatmeal▲  
ONLY



**COCO Wheats**

**STORE BRAND INSTANT OATMEAL** (Regular Flavor▲)  
Individual Serving Packets ONLY  
America's Choice, Great Value, IGA, Flavorite, Kroger, Meijer, Our Family, Parade, Roundy's, Spartan

All WIC cereals provide a good source of iron  
Cereals with (●) provide 100% daily folic acid  
Cereals with (▲) are made with whole grains and provide good fiber

## JUICES

No organic allowed

### PLASTIC OR CAN - 46 oz or 64 oz

- ▶ Added calcium allowed



**Juicy Juice**  
Any type except Harvest Surprise, Immunity, or Brain Development



**Campbell's Tomato Juice**



**Welch's Grape Juice**  
Purple or white ONLY



**Indian Summer Apple Juice**  
ONLY



**V8**  
Any type except V8 Splash and V8 V-Fusion



**Canned Orange Juice**  
Any brand



**Canned Grapefruit Juice**  
Any brand or variety



**Dole Can**  
Pineapple juice

### 100% JUICES ONLY

### CAN ONLY - 46 oz

- ▶ Added calcium allowed

## JUICE CONCENTRATES

No organic allowed

### FROZEN - 11.5 oz and 12 oz

- ▶ Added calcium allowed



**Welch's**  
Any flavor with yellow peel strip



**Grapefruit Juice**  
Any brand or variety



**Old Orchard**  
Any flavor with green peel strip



**Orange Juice**  
Any brand



**Minute Maid**  
Any orange juice and orange juice blend



**Welch's**  
Any flavor with yellow band



**Juicy Juice**  
Any flavor, except Harvest Surprise

### 100% JUICES ONLY

### NON-FROZEN - 11.5 oz

- ▶ Added calcium allowed

## FRESH FRUITS & VEGETABLES

Organic IS allowed

- ▶ See your WIC Shopping List for your cash value benefit
- ▶ You will be responsible for costs greater than your cash value benefit

### ALLOWED

- Any variety fresh whole or cut fruit without added sweetener
- Any variety fresh whole or cut vegetable without added sweetener or fat



### NOT ALLOWED

- Potatoes except yams and sweet potatoes
- Fruit or vegetable party trays with dip, dressing or other added food items
- Fruit and nut mixtures
- Fruit baskets
- Fruits or vegetables from salad bars
- Herbs, spices, edible blossoms or flowers (broccoli, cauliflower, artichoke are allowed)
- Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds, or painted pumpkins



## WIC Shopping Tips

- Make sure the foods you buy with your WIC Bridge Card are WIC authorized
- Group your WIC authorized foods together for easier checkout
- Choose lower priced foods when you shop
- Manufacturers' and cents-off coupons may be used with your WIC Bridge Card
- Store promotions may be used with your WIC Bridge Card

## About your MI WIC Bridge Card

- See your Michigan WIC Cardholder Training Brochure for important information
- If you have problems or questions call 1-888-678-8914 or visit [www.ebt/acs-inc.com](http://www.ebt/acs-inc.com)
- WIC foods cannot be purchased before the Starting Date or after midnight on the Expiration Date of your WIC benefit period



## TO REPORT VENDOR OR CLIENT PROGRAM ABUSE CALL TOLL-FREE 1-800-CALL-WIC

You have the right to complain about improper practices. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

## WHOLE GRAIN BREAD

No organic allowed

- ▶ 16 oz (1 lb) loaf ▶ These brands and types ONLY



Aunt Millie's  
Healthy Goodness  
Whole Grain White



Aunt Millie's  
Swirl Whole Grain  
Raisin Bread with  
Cinnamon



Aunt Millie's  
Swirl Whole Grain  
Cranberry-Apple  
Bread



Bunny  
100%  
Whole Wheat



Healthy Life  
100% Whole Wheat  
Whole Grain



Koeplinger's  
Lite 100% Whole  
Wheat Bread



Pepperidge  
Farm  
Stone Ground  
100% Whole  
Wheat Bread



Pepperidge  
Farm  
Very Thin Sliced  
Bread Soft  
100% Whole  
Wheat



Pepperidge  
Farm  
Jewish Rye  
Whole Grain  
Rye Seeded



Pepperidge  
Farm  
Swirled Bread  
100% Whole  
Wheat Cinnamon  
with Raisins



Sara Lee  
Classic 100%  
Whole Wheat



Wonder  
Soft 100%  
Wheat Bread

## CHEESE

No organic allowed

- ▶ See your WIC Shopping List for allowed maximum cheese price per pound
- ▶ 8 oz and 16 oz block ONLY unless otherwise specified
- ▶ U.S. made prepackaged cheese
- ▶ Low sodium and low fat cheese of any allowed type



### ALLOWED

- American (8oz and 16oz slices allowed without individual wrapping)
- Cheddar
- Colby
- Brick
- Mozzarella (string, part skim, whole milk)
- Colby Jack (Cojack)
- Monterey Jack
- Muenster
- Swiss

### NOT ALLOWED

- Imported cheese
- Sliced cheese, except American
- Individually wrapped cheese slices or sticks
- Cheese foods, products, whips, spreads, Velveeta
- Shredded, grated, cubed, crumbles, shapes, curds
- Smoked cheese
- Variety wheels or variety packs
- Cracker Backers or Stackers
- Cheese with pimentos, peppers, seeds, meat, etc.
- Soy or Farmers cheese
- Raw milk cheese

## WHOLE GRAIN TORTILLAS

No organic allowed

- ▶ 16 oz (1 lb) package ▶ These brands and types ONLY



Chi Chi's  
Whole Wheat  
Tortillas Fajita  
Style  
8 count



Don Marcos  
White Corn  
Tortillas  
18 count



Don Pancho  
Whole Wheat  
Tortillas  
10 count



Don Pancho  
White Corn  
Tortillas  
18 count



Hacienda  
Whole  
Wheat Flour  
Tortillas



Hacienda  
Corn Maiz  
Tortillas



La Burrita  
Corn Tortillas  
12 count



Meijer  
Fajita Style  
Whole Wheat  
Tortillas  
8 count



Meijer  
Soft Taco Size  
White Corn  
Tortillas  
18 count

## INFANT FORMULA

No organic allowed

- ▶ You must buy the exact type and size container of infant formula listed on your WIC Shopping List
- ▶ If your physician changes your formula, you must obtain WIC Clinic approval and it must appear on your WIC Shopping List

### COMMON WIC FORMULAS



Enfamil LIPIIL with Iron



Enfamil A.R. LIPIIL



ProSobee  
LIPIIL with Iron



Gentlease LIPIIL

## INFANT CEREAL

No organic allowed

- ▶ 8 oz and 16 oz box or carton

### INFANT CEREAL

8 oz  
or  
16 oz



### ALLOWED

- Beechnut, Gerber, Nature's Goodness – Dry infant cereal WITHOUT fruit, formula or DHA/ARA
- CHOOSE ONLY rice, oatmeal, barley, mixed grain, multigrain or whole wheat

## TUNA

No organic allowed

Only for breastfeeding women whose infants are NOT receiving formula from WIC



5 or 6 oz can chunk light tuna in water or oil

### NOT ALLOWED

- Albacore tuna
- Low sodium tuna
- Foil packages
- Lunch packs, lunch kits
- Chunk white tuna
- Tuna with seasoning

## INFANT FRUITS AND VEGETABLES

No organic allowed

- ▶ For infants 6 thru 11 months ONLY
- ▶ 4 oz glass jars ONLY (multipacks allowed)
- ▶ Single fruit or vegetable varieties ONLY



### ALLOWED

- Beech-Nut (fruit) – applesauce, Chiquita bananas, peaches, pears
- Beech-Nut (veg) – butternut squash, tender golden sweet potatoes, tender sweet carrots, tender sweet peas, tender young green beans
- Gerber (fruit) – applesauce, bananas, pears
- Gerber (veg) – carrots, green beans, peas, squash, sweet potatoes
- Nature's Goodness (fruit) – applesauce, bananas, peaches, pears
- Nature's Goodness (veg) – carrots, green beans, squash, sweet peas, sweet potatoes

## INFANT MEAT

No organic allowed

- ▶ Only for breastfeeding infants 6 thru 11 months who are NOT receiving formula from WIC
- ▶ 2.5 oz glass jars ONLY (multipacks allowed)
- ▶ Single meat varieties ONLY



### ALLOWED

- Beech-Nut – beef & beef broth, chicken & chicken broth, turkey & turkey broth
- Gerber – beef & beef gravy, chicken & chicken gravy, ham & ham gravy, lamb & lamb gravy, turkey & turkey gravy
- Nature's Goodness – beef & beef gravy, chicken & chicken gravy, turkey & turkey gravy

WIC  
...Making Life Better

# Food Card



Michigan WIC



Jennifer M. Granholm, Governor  
Janet Olszewski, Director

Authority: P.A. 368 of 1978 • MDCH-0237 • Rev. 8/09  
MDCH is an Equal Opportunity Employer, Services and Programs Provider.  
500,000 printed at 12 cents each with a total cost of \$59,251.21.



Babies are born to be breastfed

Effective August 1, 2009