

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

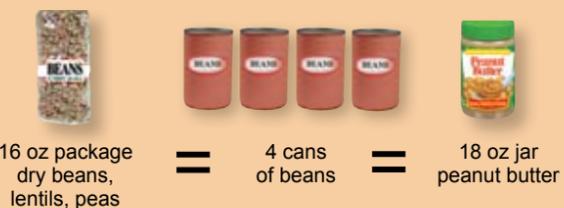
- ▶ 18 oz jar ONLY
- ▶ Smooth, creamy, crunchy, extra crunchy

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
- 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 Choice – beef & beef gravy, chicken & chicken gravy, turkey & turkey gravy



Babies are born to breastfeed

WIC

...Making Life Better

Food Card



Michigan WIC



Jennifer M. Granholm, Governor
Janet Olszewski, Director

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