

MICHIGAN WIC FOOD GUIDE



Effective March 1, 2021

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The Food Guide is also available on the WIC Connect app under Resource Links and at michigan.gov/wicfoods.



Online Nutrition Education

Nutrition education on the go!

Do it anytime, anywhere from your smart phone, tablet or computer!



How to Get Started

1. Go to **wichealth.org**.
2. Create an account using your Family ID. number and set up your profile.
3. Choose a lesson from one of the categories.
4. Complete the lesson.
5. Fill out the survey.
6. Remember your login & PIN for next time.

wichealth problems?

Try clicking the blue "Help" tab on the top left of any page to submit a message. All questions are answered within 24 hours.



Quick, easy and convenient!

Have you checked out Health eKitchen?

You can search through hundreds of great recipes and even search for one using the ingredients you have on hand. This great tool can make meal planning even easier! Log in at **wichealth.org** and check it out.



Fruits & Vegetables

- Your WIC Shopping List shows the dollar amount you can spend on fruits and vegetables.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.

Fresh

✓ ALLOWED

- **Organic**
- Any variety of fresh fruits or vegetables without added sugars, fats or oils
- Whole, cut, bagged or pre-packaged
- Cilantro and parsley
- Pie pumpkins



⊘ NOT ALLOWED

- Pre-cut fruits and vegetables with added preservatives (for example: sliced apples with ascorbic acid)
- Herbs (other than cilantro and parsley), herb pastes, spices or edible flowers
- Fruit or vegetable party trays/platters
- Fruits or vegetables from salad bars
- Fruit and nut mixtures
- Fruit baskets
- Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds or carving pumpkins
- Salad kits/bowls with dressing or other added food items
- Salsa

Frozen

✓ ALLOWED

- **Organic**
- Whole, cut or mixed fruits or vegetables
- Beans or peas such as lima beans and black-eyed peas
- Any brand or package size/type



⊘ NOT ALLOWED

- Added sugar, breading, butter, sauce, fat, oil, salt or seasoning
- Added meat, rice or pasta
- Fries or tater tots
- Juice*
- Smoothies with non-fruit or non-vegetable ingredients
- Soup

* Buy juice with your other WIC benefits.

Fruits & Vegetables - Canned

✓ ALLOWED

- **Organic**
- Any size metal, glass, plastic or pouch containers
- Individual servings or multi-packs
- Regular or low sodium
- Any variety of fruits (including applesauce) packed in juice or water without added sugars, fats, oils or salt
- Any variety of vegetables (including tomatoes) without added sugars, fats or oils
- Tomato paste, puree or sauce
- Green beans and green peas



✗ NOT ALLOWED

- Fruits packed in syrup
- Added meat, rice or pasta
- Artificial sweetener
- Pickled vegetables, relishes or ketchup
- Cranberry sauce or pie filling
- Salsa
- Pizza or pasta sauce
- Juice*
- Beans* or baked beans
- Smoothies with non-fruit or non-vegetable ingredients
- Pouches labeled as infant/toddler food

* Buy juice and beans with your other WIC benefits.



All fruits and vegetables are filled with nutrients and are good for you.

It doesn't matter if they are fresh, frozen or canned. As long as you eat them, you are making a healthy choice!

Fresh: Eat "as is" for snacks or meals, with little to no prep needed.

Canned & Frozen: Easy to store and stock up, with a long shelf life.

Fun fact: Frozen fruits and vegetables are picked at the peak of ripeness, saving all the flavor and nutrients for when you are ready to eat them!

Take it with you: Consider fresh options or fruit cups when eating on the go!

Whole Grains

Your choices for whole grains are: brown rice, oatmeal, whole wheat or corn tortillas, whole wheat or whole grain pasta, whole wheat or whole grain breads and buns.

For every 1 LB of whole grain listed on your Shopping List, you can buy...

- 1 loaf bread **or**
- 1 package buns **or**
- 1 package tortillas **or**
- 1 package pasta **or**
- 1 container oatmeal **or**
- 1 bag/box rice (14-16 oz)



Oatmeal

- 16 oz container = 1 LB
- **No organic allowed**

* These brands and types **ONLY**



Best Choice
Quick Oats



Best Choice
Old Fashioned Oats



Hodgson Mill
Quick Rolled Oats



Hodgson Mill
Thick Cut Rolled Oats



Mom's Best Cereals
Old Fashioned Oats



Mom's Best Cereals
Quick Oats

These oatmeals are a whole grain choice, **NOT** a cereal choice.

Brown Rice

- 14-16 oz bag/box = 1 LB
- 28-32 oz bag/box = 2 LB

✓ ALLOWED

- Plain, dry brown rice
- Regular, instant and boil-in-bag

✗ NOT ALLOWED

- **Organic**
- Added herbs, seasonings or beans
- Added sugars, fats, oils or salt
- White rice
- Frozen brown rice
- Flavored rice, wild rice or rice mixes
- Bulk, tubs or microwavable pouches
- Specialty brands, like Lundberg



Pasta

- 16 oz package = 1 LB

✓ ALLOWED

- **Organic**
- Whole Wheat/Whole Grain **ONLY**
- Any shape such as elbows, penne, rotini, spaghetti or spirals

★ These brands and types **ONLY**



- Whole Grain



- Whole Grain



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Grain



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Wheat

✗ NOT ALLOWED

- Pasta with added sugar, fats, oils or salts
- Pasta made from rice, quinoa, flax, corn or vegetables
- Pasta that is refrigerated or frozen
- Microwavable pouches



Give yourself and those you love the goodness of whole grains.

Whole grains are good for your heart and digestion.

They can help you maintain a healthy weight and overall good health. Make half of the grains you eat whole grains.



Breads/Buns

• 16 oz package = 1 LB

• Whole Wheat/Whole Grain ONLY

•  No organic allowed

* These brands and types **ONLY**



Aunt Millie's
Healthy Goodness
Whole Grain White



Aunt Millie's
Swirl Whole Grain
Raisin with
Cinnamon



Aunt Millie's
Swirl Whole Grain
Cinnamon,
No Raisins



Aunt Millie's
Healthy Goodness
100% Whole Wheat



Best Choice
100% Whole Wheat



Bimbo
100% Whole Wheat



Bunny
100% Whole Wheat



Family Choice
100% Whole Wheat



Healthy Life
100% Whole Wheat



Kordas' Hearth Oven
100% Whole Wheat



Kroger
100% Whole Wheat



Lewis Bakeries
100% Whole Wheat



Meijer
Whole Grain White



Meijer
100% Whole Wheat



Nickles
Country Style
100% Whole Wheat



Our Family
100% Whole Wheat



Pepperidge Farm
Jewish Rye
Whole Grain Rye
Seeded



Pepperidge Farm
Light Style Soft Wheat



Pepperidge Farm
Stone Ground
100% Whole Wheat



Pepperidge Farm
Swirl 100% Whole Wheat
Cinnamon with Raisins



Pepperidge Farm
Very Thin Sliced
Soft 100% Whole Wheat



Roman Meal Sungrain
100% Whole Wheat



Sara Lee
100% Whole Wheat



Soft 'N Good
100% Whole Wheat



Sterns Kosher
100% Whole Wheat



Sunbeam
100% Whole Wheat



Village Hearth
100% Whole Wheat



Brownberry
100% Whole Wheat
Hamburger Rolls



Brownberry
100% Whole Wheat
Hot Dog Rolls



Healthy Life
100% Whole Wheat
Sandwich Buns



Healthy Life
100% Whole Wheat
Hot Dog Buns



Kordas' Hearth Oven Bakers
100% Whole Wheat
Hamburger Buns



Kordas' Hearth Oven Bakers
100% Whole Wheat
Hot Dog Buns

Tortillas

- 16 oz package = 1 LB

- Whole Wheat/Whole Grain or Corn ONLY

-  No organic allowed

* These brands and types **ONLY**



Best Choice
Corn Taco Size 24 count



Best Choice
Whole Wheat Soft Taco Size 12 count
Whole Wheat Fajita Style 8 count



Chi Chi's
Whole Wheat Fajita Style
8 count



Don Marcos
White Corn
18 count



Frescados
Whole grain
10 count



Great Value
Whole Wheat Flour
10 count



Hacienda
Corn Maiz
18 count



Hacienda
Whole Wheat Flour
12 count



Kroger
Whole Wheat Soft Taco Size
10 count



Kroger
Yellow Corn
24 count



La Banderita
Whole Wheat Fajita 16 count
Whole Wheat Soft Taco 10 count



La Banderita
White Corn 18 count
Yellow Corn 14 count



Meijer
Soft Taco Whole Wheat
8 count



Mission
Yellow Corn Extra Thin
24 count



Mission
Whole Wheat 10 count
Whole Wheat Fajita Style 16 count



Ortega
Whole Wheat
10 count



Our Family
Whole Wheat Soft Taco 10 count
Whole Wheat Fajita Style 8 count



Our Family
White Corn 16 count
White Corn 18 count



Our Family
Yellow Corn 18 count
Yellow Corn 24 count




Tio Santi
Whole Wheat
10 count




Tortillas Tita
Corn 18 count
Corn Enchilada Style 18 count

Cereals

Cold Cereals

- 12 oz or larger
-  No organic allowed


 Cereals with this symbol are made with whole grains and are a good source of fiber.

* These brands and flavors **ONLY**

General Mills



Cheerios

Multi Grain , Plain 




Chex

Blueberry, Cinnamon, Corn, Rice, Vanilla, Wheat 






Wheaties

Original 



Kix

Plain , Honey , Berry 




Total

Whole Grain 

Kellogg's



All-Bran

Complete Wheat Flakes 




Corn Flakes

Plain



Crispix

Original 



Frosted Mini-Wheats

Original , Little Bites 

Filled w/ Mixed Berry , Blueberry , Strawberry 





Rice Krispies

Original



Special K

Original, Banana,

Honey Almond Ancient Grains ,
Original Multi-Grain Touch of Cinnamon 

Cold Cereals (continued)

Malt-O-Meal



Crispy Rice
Original



Mini Spooners
Frosted, Strawberry Cream

Cereal is not just for breakfast!



Cereals are an easy snack and can be paired with milk, yogurt or fresh fruit. This can be a great way to get extra nutrients that may be missing at meals.

Post



Grape-Nuts
Flakes, Original



Great Grains
Banana Nut Crunch, Crunchy Pecan



Honey Bunches of Oats
Almonds, Honey Roasted, Whole Grain Honey Crunch, Pecan and Maple Brown Sugar, Whole Grain Vanilla Bunches

Quaker



Life
Original, Vanilla, Strawberry



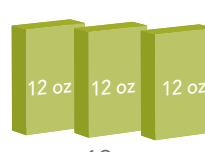
Oatmeal Squares
Brown Sugar, Cinnamon, Golden Maple, Honey Nut

How to buy up to 36 oz of hot and cold cereals

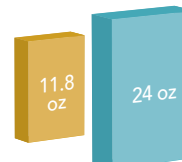
You may combine cereals up to a total of 36 ounces per month.



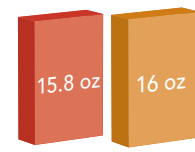
$$\begin{array}{r} 18 \text{ oz} \\ + 18 \text{ oz} \\ \hline 36 \text{ oz} \end{array}$$



$$\begin{array}{r} 12 \text{ oz} \\ 12 \text{ oz} \\ + 12 \text{ oz} \\ \hline 36 \text{ oz} \end{array}$$



$$\begin{array}{r} 11.8 \text{ oz} \\ + 24.0 \text{ oz} \\ \hline 35.8 \text{ oz} \end{array}$$



$$\begin{array}{r} 15.8 \text{ oz} \\ + 16.0 \text{ oz} \\ \hline 31.8 \text{ oz} \end{array}$$

Cold Cereals - Store Brands





- 12 oz or larger
-  No organic allowed

* These brands and flavors **ONLY**

Always Save



Corn Flakes
Frosted Shredded Wheat 
Toasted Oats

Best Choice


Bran Flakes 
Crispy Rice
Crispy Rice Squares
Crispy Corn and Rice Cereal
Corn Crisp
Crunchy Corn Squares
Crispy Hexagons
Crunchy Wheat Biscuits 
Frosted Shredded Wheat
Happy O's 
Honey Oat Clusters
Honey Oat Clusters with Almonds
Maple Brown Sugar Frosted Bites 
Rice Crisp

Strawberry Frosted Mini Wheats 
Wheat Crisps 

Essential Everyday

Bran Flakes 
Corn Flakes
Crunchy Corn Squares
Crispy Rice
Crispy Rice Squares
Crispy Hexagons
Honey Oats and Flakes
Toasted Oats 



Great Value

Crunchy Corn Squares
Crispy Rice Squares
Hy-Top
Bran Flakes
Corn Flakes
Crispy Rice
Shredded Wheat Frosted Bites
Toasted Oats 

IGA

Frosted Shredded Wheat 



Kiggins

Bran Flakes 
Corn Flakes
Crispy Rice
Rolling Oats 

Kroger




Crispy Rice Squares
Honey Crisp Medley with Almonds
Oat Squares 
Rice Bitz

Meijer

Bran Flakes 
Corn Flakes
Crispy Rice
Crispy Rice Squares
Crunchy Corn Squares
Crunchy Wheat Squares 
Oats and More with Almonds
Oats and More with Honey

Oat Squares 

Our Family

Bran Flakes 
Corn Flakes
Corn Biscuits
Crispy Hexagons
Crispy Rice
Crispy Rice Squares
Crunchy Corn Squares
Frosted Shredded Wheat 
Oats and More with Almonds
Oats and More with Honey
Rice Biscuits
Toasted Oats 

Parade

Corn Flakes
Crisp Rice
Toasted Oats

Hot Cereals

- 11 oz or larger
-  No organic allowed

 Cereals with this symbol are made with whole grains and are a good source of fiber.

* These brands and flavors **ONLY**



COCO Wheats
Original



Cream of Rice
Original
Packets allowed



Cream of Wheat
Original & Whole Grain
Packets allowed



Malt-O-Meal
Original & Chocolate



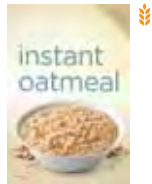
Maypo
Instant Oatmeal
Maple



Quaker Instant Grits
Original & Butter
Packets **ONLY**



Quaker Instant Oatmeal
Original
Packets **ONLY**



Store Brand Instant Oatmeal
Regular Flavor
Packets **ONLY**:
America's Choice,
Essential Everyday,
Great Value,
Hy-Top, Kroger,
Our Family, Parade

Eggs

- One dozen package, white shells only

✓ ALLOWED

- Any size
- May be cage-free



⊘ NOT ALLOWED

- **Organic**
- Free range or pasture raised
- Grain, grass or vegetarian fed
- Low cholesterol
- Pasteurized
- Fortified/enriched with omega-3, DHA or vitamin E

Children Who Stay on WIC Until Age 5:

1. Receive fruits and vegetables, milk and other healthy foods.
2. Have better growth and development.
3. Are well-prepared for school.
4. Develop healthy eating habits.
5. Have more links to health care and other helpful services.



Breastfeeding Gives Babies a Healthy Start in Life



- Breastfeeding is easier with a team. Support from partners, family and friends can help you reach your breastfeeding goals.
- WIC is here to help every step of the way with resources, support and answers.
- Ask for a breastfeeding peer counselor at your local WIC clinic.

It's not just good for babies, it's good for moms too!

- Breastfeeding lowers your baby's risk of certain infections and diseases.
- Babies can easily digest breast milk.
- Breastfeeding helps your baby feel safe, warm, secure and loved.
- Good hormones released during breastfeeding help mom feel relaxed, peaceful and loving.
- Mothers who breastfeed recover from childbirth more quickly and easily.
- Breastfeeding lowers a mom's risk of getting breast and ovarian cancer.

For more information go to <https://wicbreastfeeding.fns.usda.gov/>.

How Does WIC Support Breastfeeding?

- Peer Counselors are available when you need them, by phone or text, including outside of regular clinic hours.
- All WIC staff are trained to support breastfeeding families.
- WIC clients have free, unlimited access to Lactation Consultants and Breastfeeding Peer Counselors.
- Breastfeeding moms get more WIC foods than non-breastfeeding moms, including canned fish.
- Breastfeeding moms not only get more food, they are also able to stay on the program longer.
- At 6 months, breastfed babies receive infant meats and more fruits and vegetables.

Breastfeeding Moms and Babies Receive More Food!



Fish & Infant Meats

Fish

- **ONLY for exclusively breastfeeding women**
- Any size, can or foil pouch, up to a total of 30 oz per month

✓ ALLOWED

- Any brand or type of chunk light tuna, mackerel, sardines or pink salmon
- Packed in water or oil
- Added sauces and flavorings, such as tomato sauce, mustard or lemon
- May include bones or skin

✗ NOT ALLOWED

- **Organic**
- Albacore/solid white tuna, Atlantic or sockeye (red or blueback) salmon, prime or smoked salmon fillets, king mackerel
- Lunch packs, lunch kits or tuna salad
- Premium brands, like Blue Harbor and Wild Planet
- Fresh or frozen

You may combine fish types, packages and sizes.



Infant Meats

- **ONLY for breastfeeding infants** 6 months or older who are NOT receiving formula from WIC

✓ ALLOWED

- **Organic**
- Any brand
- 2.5 oz containers ONLY (multi-packs allowed)
- Single meat varieties, with broth or gravy



✗ NOT ALLOWED

- Added sugar or salt
- Added fruit, vegetables, rice or pasta (for example: dinners, casseroles, soups or stews)
- Meat sticks
- Squeeze pouches

Infant Foods

Infant Cereals

- For infants 6 months or older
- 8 oz or 16 oz container

✓ ALLOWED

- **Organic**
- Any brand or type



✗ NOT ALLOWED

- Added fruit, formula, DHA/ARA or other non-cereal ingredients

Infant Fruits & Vegetables

- For infants 6 months or older
- Single 4 oz container
- Multi-packs of 1 oz, 2 oz or 4 oz

✓ ALLOWED

- **Organic**
- Any brand
- Glass jars or plastic tubs ONLY (multi-packs allowed)
- Any variety single fruit or vegetable
- Any variety mixed fruits and/or vegetables (for example: apples and bananas, mixed vegetables, sweet potatoes and apples)

✗ NOT ALLOWED

- Squeeze pouches
- Added cereal or meat
- Added flour, starches, sugar, salt or DHA
- Dinners
- Yogurt blends
- Desserts (for example, pudding or cobbler)

Infant Fruits and Vegetables
Mix & Match based on your allowance!

| | | |
|-------------------------------------------------------------------------------------------------------------------|--------|---------------|
|  4 oz glass jar | = 4 oz | 1 jar |
|  2 pack 2 oz plastic tubs | = 4 oz | 1 jar |
|  2 pack 4 oz plastic tubs | = 8 oz | 2 jars |

For example, if you are allowed 32 jars, you might purchase:

8  + 8  + 8  = **32 jars**

Peanut Butter & Beans

If your WIC Shopping List shows: **1 JAR 16-18 oz Peanut Butter, LB Dry, 15-16 oz Can Bean**
you can buy...



16-18 oz jar
peanut butter

or



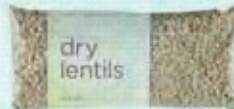
1 LB (16 oz) package
dry beans, lentils or peas

or



4 cans/jars 15-16 oz
beans or peas

Beans, Lentils & Peas



✓ ALLOWED - DRY

- 16 oz (1 LB) package
- Any brand or type

✗ NOT ALLOWED - DRY

- **Organic**
- Premium brands, like Barzi beans
- Dry beans with seasoning packets

✓ ALLOWED - CANS/JARS



- 15-16 oz can/jar
- Any brand or type,
including fat free refried beans
- Low sodium

✗ NOT ALLOWED - CANS/JARS

- **Organic**
- Beans with added fat, oil, meat, fruits, vegetables
or sugars
- Baked beans
- Pork and beans
- Chili beans or soups
- Green beans, snap, wax or yellow beans*
- Green or sweet peas*



Beans and legumes come in many different colors, shapes and sizes. They contain a protein-packed punch in both sweet and savory recipes. One cup of black beans contains 13 grams of protein as well as fiber, folate, iron and other important minerals. Try some beans or legumes with rice or in tortillas, salads and salsa.

**Buy these canned vegetables with your fruits and vegetables benefit.*

Peanut Butter

✓ ALLOWED

- 16-18 oz jar
- Smooth, creamy, crunchy or extra crunchy



⊘ NOT ALLOWED

- **Organic**
- Specialty brands, like Arrow Head Mills and Fifty50
- Peanut butter mixed with jelly, marshmallow, honey, chocolate or other flavorings
- Peanut spread or reduced fat peanut butter
- Peanut butter with DHA or Omega 3
- Natural
- Whipped



Iron in WIC Foods

Everyone needs iron for growth and development, especially children with developing brains! The WIC Food Package includes many foods high in iron, like breakfast cereal and white beans. Many other WIC foods are good sources of iron as well. These include lentils, spinach, kidney beans, sardines, chickpeas, canned stewed tomatoes and baked potatoes (medium, skin on).

Eating foods containing iron and vitamin C together can help your body better absorb the iron. Your food package has lots of foods filled with vitamin C, especially fruits like oranges, strawberries and mangoes, and vegetables like broccoli, bell peppers and tomatoes.

MEAL IDEAS:

- Offer orange slices or juice with cereal.
- Make a yogurt fruit smoothie with fresh or frozen spinach.
- Cook up eggs with spinach and bell peppers.
- Enjoy a bean & cheese taco or quesadilla with tomatoes and peppers.



Dairy Products

Milk

Purchase type and size shown on your WIC Shopping List

✓ ALLOWED

- Fat free milk (skim)
- Lowfat milk (1/2%, 1%)
- Buttermilk
- Reduced fat milk (2%)
- Whole milk
- Powdered milk (nonfat dry) 25.6 oz, 32 oz or 64 oz
- Evaporated milk (skim, 2% or whole) 12 oz
- Lactose free milk (skim, 1%, 2% or whole)

⊘ NOT ALLOWED

- **Organic**
- A2 milk
- Chocolate or flavored milk
- Evaporated filled milk
- Nut or grain milk (like almond or rice)
- Guernsey
- Value added (Kid's Milk, Fairlife or Fit Milk)
- Glass bottles
- Unhomogenized
- UHT milk

If your Shopping List shows 'QT or Equiv,' use this guide.



1 quart = 32 oz



2 quarts = half gallon (64 oz)



3 quarts = 96 oz



4 quarts = 1 gallon (128 oz)



Did you know? Skim, 1% or 2% milk has the same amount of Vitamin D, calcium and protein as whole milk. It just has less fat and fewer calories!

Yogurt

- 32 oz tubs
- 4 oz 4-pack (16 oz total)
- 4 oz 8-pack (32 oz total)
- 2 oz tube 8-pack (16 oz total)
- 2 oz tube 16-pack (32 oz total)

✓ ALLOWED

- Nonfat or low fat ONLY
- Plain or any flavor
- Fruit on the bottom



★ These brands **ONLY**



✗ NOT ALLOWED

- **Organic**
- 2% or whole milk yogurt
- Greek yogurt
- Activia Fusion brand
- Yogurt in bottles (drinkable) or pouches
- Yogurts with separate mix-in items such as candy, granola, honey or nuts
- Artificial sweeteners (for example: aspartame, Stevia, sucralose or saccharine)



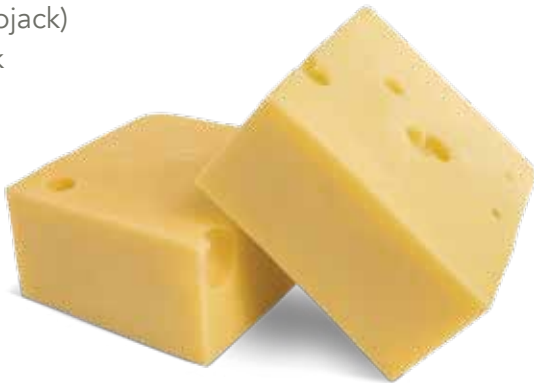
Cheese

See your WIC Shopping List for allowed maximum cheese price.

- 16 oz (1 LB) ONLY
- U.S. made prepackaged cheese

✓ ALLOWED

- String (without individual wrapping)
- American (without individual wrapping)
- Cheddar
- Colby
- Colby Jack (Cojack)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss



⊘ NOT ALLOWED

- **Organic**
- Shredded, grated, cubed, crumbles, shapes or curds
- Sliced cheese, except American
- Individually wrapped cheese slices (singles), sticks or strings
- Cheese foods (for example: Velveeta)
- Cheese products, whips or spreads
- Smoked cheese or raw milk cheese
- Variety wheels or variety packs
- Cracker backers or stackers
- Cheese with pimento, peppers, seeds, meat, etc.
- Soy, farmer or goat cheese
- Fresh mozzarella
- Imported cheese

Soy Beverage

If your WIC Shopping List shows: **QT or Equiv Soy Beverage**
you can buy...

- 1 quart = 32 oz, **or**
- 2 quarts = 64 oz

* These brands and flavors **ONLY**



8th Continent
Original
32 & 64 oz
(refrigerated)



8th Continent
Vanilla
32 & 64 oz
(refrigerated)



Silk
Original
32 & 64 oz
(refrigerated & shelf stable)



Pacific Foods
Ultra Soy Original
32 oz
(shelf stable)



Juices

Juices for Children

- 100% Juice & 80% Vitamin C
- Added Calcium Allowed
-  No organic allowed

64 oz PLASTIC



**Campbell's
Tomato Juice**

Regular, Low Sodium,
Healthy Request



Everfresh

Apple, Kiwi Strawberry,
Orange



Indian Summer

Apple



Juicy Juice

Any flavor



Mott's

Apple, Apple White Grape,
Apple Mango, Apple Cherry,
Sensibles Apple Cranberry,
Sensibles Apple Pineapple,
Sensibles Apple Raspberry



Northland

Blueberry Blackberry Acai,
Cranberry (Traditional), Cranberry Grape,
Cranberry Raspberry, Cranberry Cherry,
Cranberry Blackberry, Cranberry Mango,
Cranberry Pomegranate, Pomegranate
Blueberry, Raspberry Blueberry



Ocean Spray

Apple, Concord Grape,
Cranberry, Cranberry Blackberry,
Cranberry Cherry, Cranberry Concord
Grape, Cranberry Mango,
Cranberry Pineapple, Cranberry
Pomegranate, Cranberry Raspberry



Old Orchard

Any flavor



Sesame Street

Big Bird Apple,
Cookie Monster's Berry,
Elmo's Punch



Welch's

Grape, Grape with added Calcium,
Red Grape, Super Berry,
White Grape

Tips for choosing a WIC juice

Is it one of the fruit or vegetable juices listed on these pages?

Is it a **48 or 64 oz** container or an **11.5 to 12 oz** concentrate?

Is it **100%** juice?

Does it have at least **80%** vitamin C?

Nutrition Facts

8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 110

% Daily Value

Total Fat 0g 0%

Sodium 30 mg 1%

Total Carbohydrate 28g 10%

Dietary Fiber 0g

Total Sugars 28g

Includes 0g Added Sugars

Protein 0g 0%

Potassium 260 mg 6%

Vitamin C 72mg **80%**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This **100%** juice example has **80%** vitamin C; this item is allowed.



Small amounts of WIC juice are a good source of vitamin C. Be sure to eat plenty of fresh fruits and vegetables to get more fiber in your diet.

Juices for Children - Store Brands

Any Store Brand

Orange
Grapefruit

Best Choice

Apple
Apple Cider
Berry
Cherry
Fruit Punch Grape
Pineapple
Vegetable
White Grape

Busch's

Apple

Flavorite

Apple
Berry
Cherry
Cranberry
Cranberry Raspberry
Fruit Punch

Grape
Pineapple
Tomato
Vegetable (includes Low Sodium)

White Grape
White Grape Peach

Great Value

Apple
Cranberry
Cranberry Concord Grape
Grape
Pineapple
Tomato
Vegetable
White Grape
White Grape Peach

Hy Top

Apple

Kroger

Apple
Berry
Cranberry
Cranberry Raspberry
Fruit Punch
Grape
Pineapple
Vegetable (includes Low Sodium and Spicy)
White Grape
White Grape Peach

Langer

Apple
Apple Berry Cherry
Apple Cranberry
Apple Cranberry Grape
Apple Grape
Apple Kiwi Strawberry
Apple Orange Pineapple
Apple Peach Mango

Harvest Apple Plus
Berry Blend
Cranberry
Cranberry Acai Plus
Cranberry Berry Plus
Cranberry Grape Plus
Cranberry Plus
Cranberry Raspberry Plus
Fruit Punch
Grape
Grape Plus
Pineapple
Pineapple Orange
Prune Plus
Red Grape
Ruby Red Grapefruit
Tomato
Vegetable (includes Low Sodium and Spicy)
White Grape
White Grape Peach

Meijer

Apple
Berry
Cherry
Cranberry
Cranberry Grape
Grape
Pineapple
Vegetable
White Grape
White Grape Peach

Nature's Nectar

Apple
Grape

Our Family

Apple
Apple Cider
Berry
Cherry Punch
Cranberry
Cranberry Grape

Cranberry Raspberry
Fruit Punch Grape
Pineapple
Tomato
Vegetable
White Grape

Smart Sense

Apple
Grape
Vegetable

Tipton Grove

Apple
Cranberry
Grape

Value Time

Grape

Juices for Women

• 100% Juice & 80% Vitamin C

• Added Calcium Allowed

•  No organic allowed

48 oz PLASTIC



Any Store Brand
Orange or grapefruit



Juicy Juice
Any flavor



Essential Everyday
Pineapple



Freedom's Choice
Apple



Our Family
Apple Cider
Pineapple

Frozen - 11.5 and 12 oz



Any Store Brand
Orange



Any Store Brand
Grapefruit



Dole
Any flavor



Kroger
Apple, Grape,
Pineapple,
Pineapple Orange



Old Orchard
Any flavor



Our Family
Apple



Seneca
Apple

Non-Frozen - 11.5 oz



Welch's
Any flavor with
yellow band

WIC CONNECT APP

WIC Connect allows you to:

- Access your WIC Shopping List.
- Track WIC benefits on your smart phone.
- Find WIC foods using the UPC scan feature.
- Use your location to get maps and directions to WIC clinics and approved stores.
- Update your contact information.
- Get appointment reminders with your phone.

**Get the Michigan WIC mobile app by simply searching for Michigan WIC or scanning here.*



Android



iOS



Help us look out for WIC fraud.

If you see something, please say something.

Offering to trade, sell, transfer or exchange WIC foods (including formula) and/or EBT cards verbally, in print or online is a crime.

Please let us know if you think someone is committing fraud or abusing the Michigan WIC program by:

Calling our toll-free hotline: 800-CALL-WIC (800-225-5942) or

Emailing: wicfraudinvestigations@michigan.gov

WIC Shopping Tips

- Take your WIC Shopping List with you.
- Check your available benefits by using your WIC Connect app, checking the bottom of your last receipt, calling the number on the back of your card or asking at the register.
- Product availability can vary by store. Not all items can be found in all areas of the state.
- If you are not able to purchase an item you feel should be allowed on WIC, please ask the cashier if there is an error code shown on the register. This information is helpful in determining why it did not scan when you talk to WIC staff.
- If you have problems at the store, contact your local WIC clinic.
- Coupons and store promotions may be used with your WIC EBT Card.
- Choosing lower priced foods helps reduce costs and serve more WIC clients.
- Your WIC EBT Card must be present to purchase WIC authorized foods.
- WIC foods cannot be purchased before the Start Date or after midnight Eastern Standard Time on the End Date of your WIC benefit period.

About your MI WIC EBT Card

- **See your Michigan WIC Cardholder Training Brochure for important information.**
- For card replacement, problems, questions or balance inquiries, call **888-678-8914** or visit www.connectebt.com.





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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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