

HAWAII WIC

WOMEN, INFANTS & CHILDREN

APPROVED FOOD LIST



**EFFECTIVE
OCTOBER 2015**

Brands, types, or sizes
are subject to change.



Before you shop

- Take your WIC ID folder to the store.
- Teach your second authorized representative how to shop with WIC checks.
- Have your second authorized representative sign your WIC ID folder before he or she goes to the store to shop for you.
- Look inside your WIC folder or on the WIC website to find the current list of stores that accept WIC checks.

While you shop

- Separate WIC foods from the other items you are buying.
- Use the WIC Food List to choose WIC approved foods and correct package sizes.

At the checkout stand

- Group your WIC foods by each check.
- Tell the cashier before the sale begins that you are using WIC checks.
- Show ID folder to the cashier.
- There is no change given from any WIC transaction.
- After the cashier writes the price and date of use on the check, sign it in black ink in front of the cashier. Do not sign your checks before you go to the store.
- You will be asked to review and sign the receipt.

If you have questions at the store, talk to the store manager. If the manager was not able to answer your question, call the State WIC Program at 586-8175 or Vendor Management Unit at 586-4776.

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Not all WIC participants receive all foods listed in the food list. Foods assigned to each participant can be different depending on age, category and special needs. Please ask staff if you have questions about your WIC food package.



MILK

Can Buy

Buy the type and container size listed on the check

- Least Expensive Brand only (LEB)
- Fat-free (skim), low-fat (1%)

Can Buy only if listed on the check

- Whole milk – LEB
- Reduced-fat (2%) – LEB
- Lactose-reduced or lactose-free milk
- Dry (powdered) milk
- Evaporated milk
- Shelf-stable milk (Hershey's and Parmalat brands)

Cannot Buy

- Organic
- Rice milk
- Buttermilk
- Goat's milk
- Flavored milk



TIPS

- Whole milk is issued only for children under the age of 2 years.
- Women and children over the age of 2 are issued low-fat or fat-free milk. This also applies to lactose-reduced or lactose-free milk.
- Pick up only the container size listed on your check – quart, half gallon or gallon.



CHEESE & EGGS

CHEESE

Can Buy

- 8 or 16 ounces (1 pound) ball, block, shredded, any combination of these types.
- Cheddar, Colby, Monterey Jack, Mozzarella, Swiss, any combination of these types
- Regular, reduced or fat-free
- Made in U.S.A. only

Cannot Buy

- Organic
- Sliced, cube, string or deli
- Cheese with peppers, herbs or flavors



EGGS

Can Buy

- Packages of one dozen medium or large
- Least Expensive Brand
- White, grade A or AA chicken eggs only

Cannot Buy

- Organic
- Other size, type or color of egg
- Specialty eggs such as fertilized, free range, pasteurized or omega added
- Powdered, liquid, cooked or frozen



SOYMILK & TOFU

SOYMILK

Can Buy

Can Buy only if listed on the check

- Pacific Ultra Soy (Plain, Vanilla in quarts only)
- 8th Continent Soymilk (Original, Vanilla in half-gallon only)
- Silk (Original in half-gallon only)

Cannot Buy

- Organic
- Other brands or flavors
- DFA/ARA



TOFU

Can Buy

- 16-ounce block in medium firm, firm or extra firm
- Azumaya, House and Mountain Apple brands only

Can Buy only if listed on the check

- 12.3 ounce Mori-Nu Silken shelf-stable in firm or extra firm

Cannot Buy

- Organic and soft
- Product with flavoring or with seasonings
- Cooked



YOGURT

Can Buy

Can Buy only if listed on the check

- 32-ounce containers only
- Low-fat or Nonfat
- Mountain High, Yoplait, Lucerne, Dannon and Great Value brands only
- Plain, Vanilla, Peach, Strawberry and Strawberry Banana flavors only



Cannot Buy

- Organic
- Greek style
- Products with toppings or add-ins



WHOLE GRAINS

TORTILLAS

Can Buy

- 16 ounces (1 pound)
- Whole wheat
- White or yellow corn
- Big Island Mexican, Don Pancho, La Burrita, Mission, Guerrero, Sinaloa brands only

Can Buy only if listed on the check

- 24 ounces (1 ½ pound) 11 ounces or larger to add up to 24 ounces



Cannot Buy

- Organic
- Fried, flavored or seasoned

PASTA

Can Buy

- 16 ounces (1 pound)
- Whole wheat
- Pagasa, Hodgson Mill or Western Family brands only



Cannot Buy

- Organic



BREAD

Can Buy

- 16 ounces (1 pound) loaf
- 100% whole wheat
- Home Maid, Love's, Oroweat and Sara Lee brands only

Can Buy only if listed on the check

- 24 ounces (1 ½ pound) loaf (Love's Hawaii Hearth or Roman Meal brands only)



Cannot Buy

- Organic

BROWN RICE

Can Buy

- 16 ounces (1 pound)
- Short or long grain
- Instant, quick or regular cooking time

Cannot Buy

- Organic
- Boil in a bag or ready to serve



JUICE FOR CHILDREN

Can Buy

100% juice, with no sugar added and have at least 120% Daily Value for vitamin C

- 64 ounces Juicy Juice bottles (any flavor)

64 oz.
plastic
bottle

Can Buy only if listed on the check

- Juicy Juice pack of 8-4.23 ounce boxes and pack of 8-6.75 ounce boxes (any flavor)
- Dole pineapple juice 6 pack of 6 ounce cans



Cannot Buy

- Organic
- Products that are labeled juice beverage, drink, cocktail, punch, nectar or ade

TIPS

- Ways to buy 128 ounces (if individual juice box or cans are listed on your check)

- Up to 128 ounces:



2-8 packs 4.23oz. + 1-8 pack 6.75oz. (total = 121.68oz.)

JUICE FOR WOMEN

Can Buy

100% juice, with no sugar added and have at least 120% Daily Value for vitamin C

- Calcium fortified with Vitamin D
- 48 ounces Juicy Juice bottles (any flavor)
- 11.5 to 12 ounce frozen concentrate:
 - **Apple:** Treetop (green label), Seneca (red label), Best Yet, Western Family, Safeway, or Old Orchard
 - **White or purple grape:** Welch's (yellow pull tab) or Old Orchard
 - **Orange:** Any brand
 - **Pineapple:** Dole or Old Orchard
 - **Blends:** Old Orchard

48 oz.
plastic
bottle

Can Buy only if listed on the check

- Juicy Juice pack of 8-4.23 ounce boxes and pack of 8-6.75 ounce boxes (any flavor)
- Dole pineapple juice 6 pack of 6 ounce cans



**FROZEN
JUICE**

Cannot Buy

- Organic
- Products that are labeled juice beverage, drink, cocktail, punch, nectar or ade

TIPS

- Ways to buy 96 ounces (if individual juice box or cans are listed on your check)

- Up to 96 ounces:



1-8 packs 6.75oz. +
1-6 pack 6oz. (total = 90oz.)

- Up to 144 ounces:



4-6 pack 6oz. cans (total = 144oz.)

or



2-8 packs 6.75oz. +
1-6 pack 6oz. (total = 144oz.)

FRUITS

FRESH FRUITS

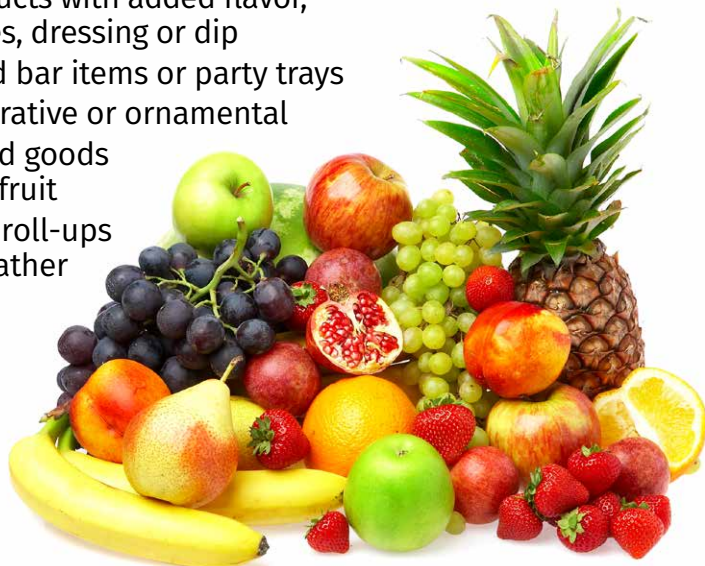
Can Buy

- Organic
- Whole, pre-cut or packaged



Cannot Buy

- Dried, powdered, canned and jarred
- Products with added flavor, spices, dressing or dip
- Salad bar items or party trays
- Decorative or ornamental
- Baked goods with fruit
- Fruit roll-ups or leather



FROZEN FRUITS

Can Buy

- Organic
- Whole, pre-cut or packaged



Cannot Buy

- Products with added ingredients, sauce, sugar or artificial sweeteners
- Products with added herbs or nuts

VEGETABLES

FRESH VEGETABLES

Can Buy

- Organic
- Whole, pre-cut, shredded or packaged



Cannot Buy

- Salad bar items or party trays
- Decorative or ornamental
- Products with cheese
- Herbs or spices
- Dried, powdered, canned and jarred
- Products with added flavor, herbs, spices, dressing or dip



FROZEN VEGETABLES

Can Buy

- Organic
- Whole, pre-cut, shredded or packaged



Cannot Buy

- Products with added ingredients, sauce, nuts or cream
- Products with added flavor, herbs, spices, dressing or dip
- Products with added rice, pasta, meat or noodles
- French fries, hash browns, tater tots or Potatoes O'Brien
- Breaded or battered vegetables

BREAKFAST CEREAL

COLD CEREAL

Can Buy

- 12 ounce or larger package

Cannot Buy

- Organic
- Other brands, type, size or flavor

Brand and type listed below:

TIPS

- Ways to buy 36 ounces of cereal (or as close as possible without going over).

12oz. 12oz. 12oz.

18oz. 18oz.

21oz.

15oz.

24oz.

12oz.

36oz.



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



General Mills
Cheerios –
Regular



Malt-O-Meal
Frosted Mini
Spooners – Plain



Malt-O-Meal
F. Mini Spooners –
Blueberry



Malt-O-Meal
F. Mini Spooners –
Strawberry



Ralston
Frosted Shredded
Wheat



Western Family
Frosted Shredded
Wheat – Regular



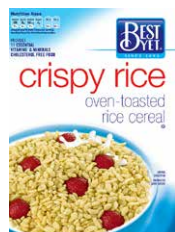
Western Family
F. Shredded Wheat
– Bite Size



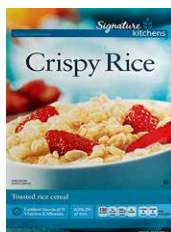
IGA
F. Shredded Wheat
– Bite Size



Kellogg's
Frosted Shredded
Wheat



Best Yet
Crispy Rice



Signature Kitchen
Crispy Rice



Malt-O-Meal
Crispy Rice



General Mills
Kix



Best Yet
Shredded Wheat



Best Yet
F. Shredded Wheat
– Bite Size



Quaker
Life



Malt-O-Meal
Honey Oat
Blenders



General Mills
Total – Regular



Best Yet
Corn Flakes



Signature Kitchen
Corn Flakes



Western Family
Corn Flakes



Post
Honey Bunches
of Oats



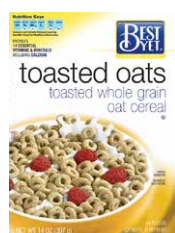
Post
Vanilla Bunches
of Oats



General Mills
Corn Chex



Western Family
Corn Squares



Best Yet
Toasted Oats



Signature
Kitchen
Toasted Oats



Western Family
Toasted Oats



General Mills
Cheerios –
Multigrain



Best Yet
Crunchy Rice
Biscuits



General Mills
Rice Chex



Western Family
Rice Squares



Western Family
Wheat Squares

BREAKFAST CEREAL

HOT CEREAL

Can Buy

- 11.8 ounce or larger package

Cannot Buy

- Organic
- Other brands, type, size or flavor
- Grits
- Products with added fruits, nuts or sugars

Brand and type listed below:



Malt-O-Meal
Hot Wheat Original



Malt-O-Meal
Hot Wheat Chocolate



Best Yet
Instant Oatmeal
Original



Quaker
Original Instant
Oatmeal



Western Family
Original Instant
Oatmeal



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



BEANS & PEANUT BUTTER

PEANUT BUTTER

Can Buy

- 16-18 ounce container
- Plain, creamy, chunky, crunchy, extra crunchy, natural or smooth

Cannot Buy

- Organic
- Powdered, reduced-fat or spreads
- Added chocolate, flavors, honey, jam or jelly
- FIFTY50 and PB2 brands

DRY BEANS, PEAS & LENTILS

Can Buy

- 8 ounces or larger to equal up to 16 ounces
- Any brand
- Mix or single type

Cannot Buy

- Organic
- Added grains, spices, flavors or seasoning packets
- Hokkaido azuki and Hokkaido black soy beans

CANNED BEANS

Can Buy

Can Buy only if listed on the check

- Can sizes 15 to 30 ounces only
- Black Eye Peas, Butter, Garbanzo, Kidney and Pinto beans only
- Best Yet, Bush's Best, Safeway and Western Family brands only

Cannot Buy

- Organic
- Products with added sugars, fats, oils or meat

TIPS • Ways to buy 64 ounces of Canned Beans
4 cans of 15-16 oz. can or 2 cans of 27-30 oz. can

INFANT FOODS



CEREALS

Can Buy

- 8 ounce container
- Beech-Nut and Gerber brands
- Rice, oatmeal, mixed whole wheat & barley



Gerber Oatmeal Cereal

Beech Nut Rice Cereal

Cannot Buy

- Organic
- Products with DHA/ARA, prebiotics or probiotics
- Products with added formula, milk, fruit or yogurt
- Jars, cans or single serving packages

INFANT FOODS

FRUITS & VEGETABLES

Can Buy

- 4 ounce pouch of Safeway® Mom to Mom® brand
- 4 ounce container of Beech-Nut® or Gerber® brand
- Two pack of 4 ounce containers of Gerber brand
- Single variety or combination



Cannot Buy

- Organic
- Products with DHA/ARA, prebiotics or probiotics
- Products with added formula, milk or yogurt
- Products with added nuts or sugars

MEATS

Can Buy

- 2.5 ounce container for meat
- Products that contain broth or gravy
- Single variety or combination



Cannot Buy

- Organic
- Products with DHA/ARA, prebiotics or probiotics
- Products labeled as dinners, soups or stews
- Products with added rice, noodles or other pastas

BANANAS FOR BABIES

Can Buy

- 2 single fresh bananas

Cannot Buy

- Plantains, red or cooking bananas

CANNED FISH

Any brand of the types listed below, sizes for each type of fish specified below:

PINK SALMON

Can Buy

- Pink salmon in its own juice
- 7.5 ounce can only

Cannot Buy

- Organic
- Red, sockeye or blueback
- Products that are flavored, boneless or skinless
- Products in pouches or snack packs

JACK MACKEREL

Can Buy

- Jack mackerel in any sauce
- 15 ounce can only

Cannot Buy

- Organic
- King Mackerel



SARDINES

Can Buy

- Sardines in any sauce
- 3.75 ounce can only

Cannot Buy

- Organic
- King Oscar or Crown Prince brands

TUNA CHUNK LIGHT

Can Buy

- Chunk light tuna in water
- 5 ounce can only

Cannot Buy

- Organic
- Albacore or fancy tuna
- Products in pouches or snack packs
- Products with added flavors and spices

BREASTFEEDING

Support and Information

Breastfeeding is a wonderful way to support the growth of your child while nurturing a bond that will last a lifetime.

Mother's milk has everything a baby needs to grow and stay healthy. Breastfeeding is recommended for all babies and their mothers.

Did you know that breastfeeding:

- Reduces the risk of ear infections, SIDS, childhood leukemia, obesity, allergic reactions, and stomach problems (less gas, constipation, and diarrhea)
- Helps prevent chronic diseases including diabetes, asthma, heart disease and cancer
- Easy to digest
- Best possible nutrition
- Promotes brain growth
- Saves money in formula and healthcare costs
- Promotes weight loss after pregnancy (burns up to 600 calories a day)
- Protects mom against cancer (less risk of breast, ovarian, and uterine cancer)
- Makes traveling easier
- Breastfeeding is convenient
- Lowers the risk of postpartum depression
- Always ready—no bottles or mixing required.



WIC FRAUD OR ABUSE

Help Hawaii WIC serve as many families as possible with our budget

Fraud or abuse in the WIC Program takes away food and services from all WIC participants. Buying, selling, attempting to sell or giving away WIC checks or benefits is against program rules. You may be required to repay WIC for benefits received and may face civil and criminal prosecution under State and Federal law.

Refer to the “Making WIC Work for You: Your Rights and Responsibilities” brochure in your WIC folder. If you need another copy please ask WIC staff or refer to the Hawaii WIC website.

Help put a stop to WIC fraud. If you suspect a WIC client or grocer is committing fraud, call the State WIC Agency at (808) 586-8175 or if calling from the neighbor islands, call the toll-free number at 1-888-820-6425. Or you can

report suspected abuse to USDA hotline at 1-800-424-9121 or visit **www.usda.gov/oig/hotline.htm**. You may report your concerns anonymously.



NOTES

A family photo of a man, a woman, and three children posing outdoors in front of a white building. The man is standing in the back, wearing a dark shirt. The woman is sitting in the front, wearing a pink shirt, holding a baby. Two other children are sitting next to her. The photo is tilted and has a white border.

Hawaii WIC Program

While we try to keep the WIC Food List up-to-date, changes sometimes happen before we can reprint a new list. A current copy can be found and downloaded from the Hawaii WIC website at:

health.hawaii.gov/wic

(or scan the QR code below)



HAWAII WIC

WOMEN, INFANTS & CHILDREN

APPROVED FOOD LIST



Hard copies of the current version can also be requested at your local WIC agency.

**For information on Oahu,
call 586-8175 or toll free for Neighbor Islands 1-888-820-6425**

This institution is an equal opportunity provider.