

HAWAII WIC

WOMEN, INFANTS & CHILDREN

APPROVED FOOD LIST



**EFFECTIVE
OCTOBER 1, 2019**

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.
- Use the WICShopper app, or look inside your WIC folder or on the WIC website to find the current list of stores that accept WIC checks.

Shopping with WIC Checks

- Separate WIC foods from the other items you are buying.
- Use the WIC Food List or WICShopper app 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 WIC Vendor Management Unit at (808) 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.

Hawaii WIC is moving from paper checks to an electronic card. During this time, some WIC families will have paper checks and others will have a WIC Card. This WIC Approved Food List can be used by all WIC families. Information on how to shop with the WIC Card will be provided separately.

If you have a smartphone, use the FREE WICShopper app!

Use the app to scan items at the store to find out if they are Hawaii WIC approved and, if you have a WIC card, access your balance. Be sure to **register your eWIC card with the app** so you can check your benefits from your phone.



Shopping with eWIC

Know your WIC food balance when you go to the store.

There are several ways to check your balance:

- Look at your benefits list
- Review the remaining food balance printed on your last WIC shopping receipt
- Log on to health.hawaii.gov/wic/eWIC
- Use the WICShopper app “My Benefits” option
- Call the number on the back of your eWIC card

Select your WIC approved items. Use the WICShopper App or Approved Food List to help you choose WIC foods.



At Check-Out

Use your eWIC Card first. If you are purchasing both WIC and non-WIC foods, always use your eWIC card as your first form of payment.

- 1. Notify the cashier.** Let the cashier know you will be paying with an eWIC card before they start scanning your purchases.
- 2. Pay close attention!** If an item doesn't ring up as a WIC food, you can put it back or purchase it with another form of payment.
- 3. Got coupons?** Give the cashier your store loyalty card and any coupons you may have.
- 4. Swipe your eWIC card.** Remember—swipe your eWIC card before other forms of payment if WIC and non-WIC items are rung up together.
- 5. Get a receipt.** Check that your WIC purchase is correct.
- 6. Be sure to keep your receipt!** It lists your remaining eWIC balance and expiration of benefits. It can also help your WIC office if issues arise.

WICShopper Mobile App

Simplify your WIC Shopping.

Download the Free WIC Shopper App!

(Be sure to register your card number)



The free WICShopper app lets you review available food benefits, scan products to identify WIC-approved foods, find WIC clinics and WIC-approved stores, and view recipes on your smartphone.



- Install “WICShopper” from your app store.
- Select Hawaii as your WIC Agency.
- Register using the 16 digit number on your eWIC card.
- Scan product bar codes to identify WIC-approved foods as you shop.
- View your current benefits, Approved Food List, recipes, and more right from the app!



MILK

Buy the type and container size listed on the check

Can Buy

- 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 liquid milk (*Hershey's and Parmalat brands only*)

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, stick, string, 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, 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, or omega added
- Powdered, liquid, cooked or frozen



SOYMILK & TOFU

Soy milk

Can Buy

Can Buy only if listed on the check

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

Cannot Buy

- Other brands or flavors
- DHA/ARA



Tofu

Can Buy

- 16 ounce block in silken, medium firm, firm or extra firm
- Azumaya, House, O Organics 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

- 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



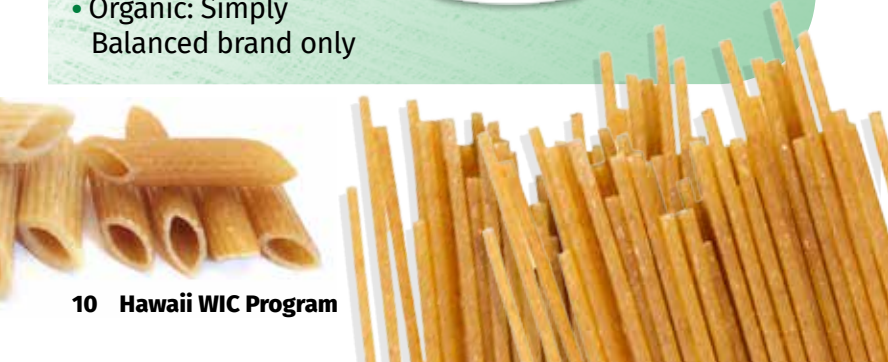
Cannot Buy

- Organic
- Fried, flavored or seasoned

Pasta

Can Buy

- 16 ounces (1 pound)
- Whole wheat
- Barilla, Great Value, Hodgson Mill, Pagasa, or Simply Balanced brands only
- Organic: Simply Balanced brand only



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 80% Daily Value for vitamin C

- 64 ounce plastic bottles, any flavor
- Best Yet, Essential Everyday, Hansen's Natural, Juicy Juice, Langers, Motts, Northland, Signature Select, Tree Top brands only

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
- Motts apple juice 6 pack of 8 ounce plastic bottles



Cannot Buy

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

TIPS

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

• Up to 128 ounces:



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

or



2-6 packs of 6 oz. + 1-6 pack of 8 oz. (total = 120 oz.)

JUICE FOR WOMEN

Can Buy

100% juice, with no sugar added and have at least 80% Daily Value for vitamin C

- Calcium fortified with Vitamin D
- 48 ounce bottles
- 46 ounce bottles V8 (original and low sodium only)
- 11.5 to 12 ounce frozen concentrate:
 - **Apple:** Treetop (green label), Seneca (red label), Best Yet, Signature Select, 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



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
- Motts apple juice 6 pack of 8 ounce bottles

Cannot Buy

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

TIPS

- Ways to buy 96 or 144 ounces (if individual juice box, bottles or cans are listed on your check)

• Up to 96 ounces:



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

or



2-6 packs of 8 oz. (total = 96 oz.)

• Up to 144 ounces:



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

or



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

or



3-6 packs of 8 oz. (total = 144 oz.)

FRUITS



Fresh Fruits

Can Buy

- Organic
- Whole, pre-cut or packaged



Cannot Buy

- Dried or powdered
- Products with added flavor, spices, dressing or dip
- Salad bar items/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



Canned Fruits

Can Buy

- Organic
- Any brand or variety, packed in water or juice without added sugars
- Applesauce – “no sugar added” or “unsweetened” varieties only
- Products in cans, jars, or plastic containers



Cannot Buy

- Products packed in syrup, such as heavy, light, or extra light
- Cranberry sauce, pie filling
- Products with added sugars or artificial, reduced-calorie, or no-calorie sweeteners

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
- Products with added flavor, herbs, spices, dressing or dip
- Dried or powdered
- Herbs or spices



Canned Vegetables

Can Buy

- Organic
- Products in cans, jars, or plastic containers
- Any brand, variety, regular or low sodium/salt
- Poi
- Plain tomatoes or tomato products (paste, puree, whole, crushed, diced, sauce)

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

Cannot Buy

- Products with added sugars, fats, oils, and meats
- Products with added mature beans, including baked beans, pork and beans
- Products that are pickled, or with added cream or sauce
- Soups, ketchup, relishes, olives, or salsa

BREAKFAST CEREAL

Cold Cereal

Can Buy

- 12 ounce or larger package

Cannot Buy

- Organic
- Other brands, type, size or flavor

Allowed brands and types 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.



Malt-O-Meal
F. Mini Spooners – Blueberry



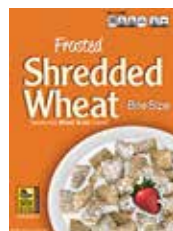
Malt-O-Meal
F. Mini Spooners – Strawberry



Malt-O-Meal
Frosted Mini Spooners – Plain



Best Yet
F. Shredded Wheat – Bite Size



Ralston
Frosted Shredded Wheat



General Mills
Kix – Regular



General Mills
Kix – Berry



General Mills
Kix – Honey



Best Yet
Crispy Rice



Signature Select
Crispy Rice



Malt-O-Meal
Crispy Rice



Quaker
Oatmeal Squares with Brown Sugar



Post
Great Grains – Banana Nut



General Mills
Fiber One – Honey Cluster



Signature Select
Oats & More with Honey



Signature Select
Oats & More with Almonds



Best Yet
Toasted Oats



Signature Select
Toasted Oats



General Mills
Cheerios – Regular



General Mills
Cheerios – Multigrain



Post
Honey Bunches of Oats



Post
Vanilla Bunches of Oats



Quaker
Life



General Mills
Wheat Chex



Best Yet
Corn Flakes



Signature Select
Corn Flakes



General Mills
Total



Kellogg's
Frosted Shredded Wheat



General Mills
Rice Chex



Signature Select
Rice Pockets



General Mills
Corn Chex



Signature Select
Corn Pockets

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

Allowed brands and types listed below:



Malt-O-Meal
Hot Wheat Original



Malt-O-Meal
Hot Wheat Chocolate



Best Yet
Original Instant Oatmeal



Quaker
Original Instant
Oatmeal



Essential Everyday
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, 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
- Mix or single type
- Any brand

Cannot Buy

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

Canned Beans

Can Buy

Can Buy only if listed on the check

- Can sizes 15-30 oz. only
- **Any type, including:** Blackeye peas, Lima, Garbanzo, Kidney and Pinto beans
- **Nonorganic:** Best Yet, Bush's Best, Essential Everyday, Great Value, Market Pantry, and Signature Select brands only
- **Organic:** Cadia, Organic Great Value, O Organics, Simply Balanced, and Wild Harvest brands only

Cannot Buy

- Refried beans
- Green (sweet) peas
- Products with added sugars, fats, oils or meat

TIPS

Ways to buy 64 ounces of Canned Beans:

- 4 cans, 15-16 oz. size or
- 2 cans, 27-30 oz. size

INFANT FOODS



Cereals

Can Buy

- 8 ounce container
- Beech-Nut® and Gerber® brands
- Oatmeal, multigrain, whole wheat and barley



Gerber
Oatmeal Cereal



Beech Nut
Multigrain Cereal

Cannot Buy

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

Meats

Can Buy

- 2.5 ounce container for meat
- Products that contain broth or gravy
- Gerber® or Beech-Nut® brands only



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

Fruits & Vegetables

Can Buy

- 4 ounce container of Gerber® or Beech-Nut® brand
- Two pack of 4 ounce containers of Gerber® brand
- Single variety or combination
- **Organic:** Happy Baby® brand in 4 ounce jars only



Cannot Buy

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

Bananas for Babies

Can Buy

Can Buy only if listed on the check

- 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 great way to support the growth of your child while nurturing a bond that will last a lifetime.

Mother's milk has all a baby needs to grow and stay healthy.

Did you know that giving breastmilk:

- 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
- Is easy to digest
- Lowers the risk of postpartum depression
- Saves money in formula and healthcare costs
- Protects mom against cancer (*less risk of breast, ovarian, and uterine cancer*)
- Is convenient and makes traveling easier – no bottles or mixing required.
- Promotes brain growth

What Some Moms Say:

“Cherish every moment.”

“I’m glad I kept trying.”

“We struggled for one month. Now it’s comfortable and easy.”

“Completely worth it.”

**Do you have questions or need help?
Call WIC!**



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.



Date	Time	Appt Type	Notes

Please bring to your next appointment on: _____

☐ Your Child(ren): _____

☐ Proof of (Circle One): Identity Income Residency QUEST/SNAP/TANF

☐ Shot Record: _____ ☐ Blood Test Results (Hgb/Hct) _____

☐ Other: _____

Please bring to your next appointment on: _____

☐ Your Child(ren): _____

☐ Proof of (Circle One): Identity Income Residency QUEST/SNAP/TANF

☐ Shot Record: _____ ☐ Blood Test Results (Hgb/Hct) _____

☐ Other: _____

Please bring to your next appointment on: _____

☐ Your Child(ren): _____

☐ Proof of (Circle One): Identity Income Residency QUEST/SNAP/TANF

☐ Shot Record: _____ ☐ Blood Test Results (Hgb/Hct) _____

☐ Other: _____



Hawaii WIC Program

Changes sometimes happen before we can reprint a new list. Use the **FREE WICShopper app** to access the current Approved Food List.

A current copy can also be found and downloaded from the Hawaii WIC website at:

health.hawaii.gov/wic
(or scan the QR code at right)



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

For information on Oahu, call (808) 586-8175 or toll free for Neighbor Islands 1-888-820-6425.

This institution is an equal opportunity provider.

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