



# HAWAII WIC

## WOMEN, INFANTS & CHILDREN APPROVED FOOD LIST

**EFFECTIVE  
NOVEMBER 1, 2021**

Brands, types, or sizes  
are subject to change.





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## BEFORE YOU SHOP

Select a 4-digit Personal Identification Number (PIN). To select your PIN:



Call the automated phone line at 1-888-347-5449

OR

Go to:  
[health.hawaii.gov/wic/ewic](http://health.hawaii.gov/wic/ewic)  
From there you will be directed to where you can select your PIN.

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.

### 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](http://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 (even before SNAP) 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 WICShopper 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!





**Can Buy** | Gallon or half gallon size. Any brand, plain fluid cow's milk. Pasteurized or ultra-pasteurized. Fat-free (skim), low-fat (1%).



Organic - Horizon and O Organics brands only.



If included in your WIC food balance, can buy:

- Whole Milk
- 2% Milk (Reduced-fat)
- Quarts
- Lactose-reduced or lactose-free milk
- Dry (powdered) milk
- Evaporated Milk

### Cannot Buy

- Rice milk
- Buttermilk
- Goat's milk
- Flavored milk
- Grassfed
- Added DHA Omega-3
- Growing Years™

## Cheese

**Can Buy** | 8 or 16 oz ball, block, stick, string, shredded, sliced, any combination of these types. Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, Swiss, any combination of these types. Regular, reduced, or fat-free. Made in U.S.A. only.



### Cannot Buy

- Organic
- Cube or deli
- Cheese with peppers, herbs, or flavors

## Eggs

**Can Buy** | Packages of one dozen, white or brown.



### Cannot Buy

- Organic
- Specialty eggs such as fertilized, or free range.
- Powdered, liquid, cooked, or frozen



## Soymilk

**Can Buy** | Brands, types, and sizes listed below.

### Half-Gallon



**8th Continent**  
Original  
Vanilla



**Silk**  
Original

### Quart



**Pacific**  
Ultra Soy  
Plain



**Silk**  
Original



**Westsoy**  
Organic Plus  
Plain, Vanilla

### Cannot Buy

- Other brands or flavors
- DHA/ARA

## Tofu

**Can Buy** | 16 oz package only. Brands and types listed below.

If included in your WIC food balance, can buy:

- 12.3 oz package.



**Azumaya**  
Silken, Firm,  
Extra Firm



**Aloha Tofu**  
Non-Gmo Firm



**House**  
Firm, Medium  
Firm, Extra Firm



**0 Organics**  
Silken



**Mori-Nu 12.3 oz\***  
Firm



**Mori-Nu 12.3 oz\***  
Extra Firm

\*can only buy if included in your WIC food balance.

### Cannot Buy

- Soft
- Products with flavoring or with seasoning
- Cooked

**Can Buy** | 32 oz size only.

- Low-fat or nonfat. Plain, Vanilla, Peach, Strawberry and Strawberry Banana only. Brands listed below.
- Greek, low-fat or nonfat, plain only. Brands listed below.

If included in your WIC food balance, can buy:

- Whole fat yogurt. Plain, Vanilla, Peach, Strawberry and Strawberry Banana only. Brands listed below.



### Cannot Buy

- Products with toppings or add-ins



# WHOLE GRAINS

## Tortillas

Can Buy | 10 oz to 16 oz size whole wheat, white, or yellow corn tortillas. Brands listed below.



### Cannot Buy ☒

- Organic
- Fried, flavored or seasoned

## Pasta

Can Buy | 16 oz whole wheat pasta. Brands listed below.



## Bread

Can Buy | 16 oz size 100% whole wheat. Brands listed below.



Can Buy | 24 oz Whole Wheat Bread if listed in your WIC Food Balance. Oroweat brand only.



### Cannot Buy ☒

- Organic

## Brown Rice

Can Buy | 16 oz size only, any brand. Short or long grain. Instant, quick or regular cooking time.



### Cannot Buy ☒

- Organic
- Boil in a bag or ready to serve

## Juice For Women

**Can Buy** | 100% juice, with no sugar added and have at least 80% Daily Value for vitamin C.

- 48 oz bottles Juicy Juice (any flavor) and Freedom's Choice (apple)
- Calcium fortified with Vitamin D
- 46 oz bottles V8
- 11.5 to 12 oz frozen concentrate:
  - Apple: Tree Top (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



### Cannot Buy

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

## Juice For Children

**Can Buy** | 64 oz plastic bottles, any flavor. 100% juice, with no sugar added and have at least 80% Daily Value for vitamin C. Brands listed below.



### Cannot Buy

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

## Juice Packs

**Can Buy** | Must buy the size and number of packs included in your WIC Food Balance.

- Juicy Juice and Apple & Eve pack of 8-4.23 oz boxes and pack of 8-6.75 oz boxes (any flavor)
- Dole pineapple juice 6 pack of 6 oz cans
- Mott's apple juice 6 pack of 8 oz bottles



### Cannot Buy

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





## Fresh Fruits

**Can Buy** | Organic, whole, pre-cut, or packaged.

### Cannot Buy

- 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. Any brand.

### 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. Any Brand.

### 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
- Dried or powdered





# 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
- 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).



### 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
- Dried or powdered

## Frozen Vegetables

**Can Buy** | Organic, whole, pre-cut, shredded or packaged. Any Brand.

### Cannot Buy

- Products with added ingredients, sauce, nuts or cream
- Products with added flavors, 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



VEGETABLES

VEGETABLES



# BREAKFAST CEREAL

## Cold Cereal

Can Buy | 9 oz to 36 oz package. Brands listed below.



**Best Yet**  
Crispy Rice



**Signature Select**  
Crispy Rice



**Kellogg's**  
Rice Krispies



**General Mills**  
Blueberry Chex



**General Mills**  
Cinnamon Chex



**General Mills**  
Vanilla Chex



**General Mills**  
Cheerios



**General Mills**  
Multi Grain  
Cheerios



**Best Yet**  
Toasted Oats



**Best Yet**  
Corn Flakes



**Signature Select**  
Crispy Rice



**General Mills**  
Fiber One  
Honey Clusters



**Signature Select**  
Toasted Oats



**General Mills**  
Wheat Chex



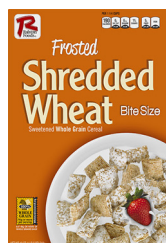
**General Mills**  
Rice Chex



**Best Yet**  
Bite Size  
Shredded Wheat



**Kellogg's**  
Frosted Mini  
Wheats



**Ralston**  
Frosted  
Shredded Wheat



**Signature Select**  
Rice Pockets



**General Mills**  
Corn Chex



**Signature Select**  
Corn Pockets



**Post**  
Great Grains  
Banana Nut



**Quaker**  
Oatmeal Squares  
w/Brown Sugar



**General Mills**  
Total

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



BREAKFAST CEREAL

BREAKFAST CEREAL



# BREAKFAST CEREAL



General Mills  
Kix



General Mills  
Berry Berry Kix



General Mills  
Honey Kix



Post  
Honey Bunches of  
Oats w/Almonds



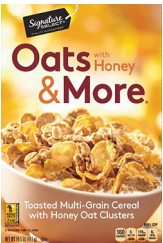
Post  
Honey Bunches of  
Oats Honey Roasted



Post  
Honey Bunches  
of Oats w/Vanilla



Signature Select  
Oats & More  
w/Almonds



Signature Select  
Oats & More  
w/Honey



Quaker  
Life

## Helpful Hint

Ways to buy 36 ounces of cereal:



## Hot Cereal

Can Buy | 11.8 oz or larger  
package. Brands listed below.



Best Yet  
Original Instant  
Oatmeal



Essential Everyday  
Original Instant  
Oatmeal



Great Value  
Original Instant  
Oatmeal



Sunny Select  
Regular Instant  
Oatmeal



Quaker  
Original Instant  
Oatmeal



Essential Everyday  
Original Instant  
Grits



Malt-O-Meal  
Frosted Mini  
Spooners



Malt-O-Meal  
Frosted Mini  
Spooners-  
Strawberry



Malt-O-Meal  
Crispy Rice



Quaker  
Original Instant  
Grits



Malt-O-Meal  
Hot Wheat  
Original



Malt-O-Meal  
Hot Wheat  
Chocolate

## Cannot Buy ❌

- Organic
- Other brands, type, size, or flavor

## Cannot Buy ❌

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

# BEANS & PEANUT BUTTER

## Peanut Butter

**Can Buy** | 16-18 oz container, plain, creamy, chunky, crunchy, extra crunchy, natural or smooth. Any brand except those listed below.



### 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 oz or larger up to 16 oz, mix or single type. Any brand.



### Cannot Buy

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

BEANS & PEANUT BUTTER

## Canned Beans

**Can Buy** | 15-30 oz only. Any type, including: Blackeye Peas, Lima, Garbanzo, Kidney and Pinto Beans. Brands listed below.



### Cannot Buy

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

## Refried Beans

**Can Buy** | 15-30 oz cans only. Brands listed below.



### Cannot Buy

- Products with added sugars, fats, oils or meat

BEANS & PEANUT BUTTER





## Cereals

**Can Buy** | 8 oz or 16 oz container only, organic allowed. Brands listed below.



### Cannot Buy

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

## Fruits & Vegetables

**Can Buy** | 4 oz container only. Plain fruits, plain vegetables, or combinations of two or more plain fruits and vegetables. Organic and multi-packs are allowed. Brands listed below



## Meats

**Can Buy** | 2.5 oz container only. Organic, added broth or gravy, and multi-packs are allowed. Brands listed below.



### Cannot Buy

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

### Cannot Buy

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

### Helpful Hint

Single containers and multi-packs can be mixed and matched. A multi-pack has 2 or more containers.





# CANNED FISH



## Pink Salmon

**Can Buy** | 7.5 oz can only, any brand, pink salmon in its own juice.

### Cannot Buy

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

## Jack Mackerel

**Can Buy** | 15 oz can only, any brand, Jack mackerel in any sauce.

### Cannot Buy

- Organic
- King Mackerel

## Sardines

**Can Buy** | 3.75 oz can only, any brand except those listed below, sardines in any sauce.

### Cannot Buy

- Organic
- King Oscar or Crown Prince brands

## Tuna Chunk Light

**Can Buy** | 5 oz can only, any brand, chunk light tuna in water.



### 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



## WIC FRAUD OR ABUSE

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 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.



Help put a stop to WIC fraud. If you suspect a WIC participant or grocer is committing fraud, call the State WIC Agency at (808) 586-8175. Or you can report suspected abuse to the USDA hotline at 1-800-424-9121 or visit [www.usda.gov/oig/hotline.htm](http://www.usda.gov/oig/hotline.htm). You may report your concerns anonymously.



# 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](http://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, call  
(808) 586-8175.**

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