



# HAWAII WIC

WOMEN, INFANTS & CHILDREN  
APPROVED FOOD LIST

**EFFECTIVE  
NOVEMBER 1, 2024**

Brands, types, or sizes  
are subject to change.





# 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.

# CONTENTS

- Shopping with eWIC ..... 4
- WICShopper APP ..... 5
- Milk ..... 6-7
- Cheese & Eggs ..... 8-9
- Soy Milk & Tofu ..... 10
- Yogurt ..... 11
- WholeGrains..... 12-13
- Juice ..... 14-15
- Fruits & Vegetables ..... 16-17
- Cereal ..... 18-21
- Peanut Butter, Dry & Canned Beans .... 22-23
- Infant Food ..... 24-25
- Canned Fish ..... 26
- Breastfeeding Support & Information ..... 27

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!



**SIZE** | Gallon or Half Gallon (64 oz)

## ALLOWED:

- Fat-free (skim) or Low-fat (1%)
- Any Brand
- Pasteurized or ultra-pasteurized
- Organic

## If included in your WIC food balance:

- Whole Milk
- Reduced-fat (2% milk)
- Quart size milk (refrigerated and shelf-stable)
- Lactose-reduced or lactose-free milk
- Shelf Stable (UHT) milk
- Dry (powdered) milk
- Evaporated milk

## NOT ALLOWED

- Rice milk
- Buttermilk
- Goat's milk
- Flavored milk
- Growing Years™



## Shopping Tips:

- Buy the type of milk listed on your benefit list.
- Use the app to see what type of milk is on your benefit list.
- Scan the bar code to see if it's allowed.
- Make sure you select the type of milk in your benefits.
- Look closely. Make sure you have selected a WIC allowed milk size.



**1.0 GAL =**  
**1 gallon**  
**or 128 oz**



**0.5 GAL =**  
**1 half gallon**  
**or 64 oz**



**0.25 GAL =**  
**1 quart**  
**or 32 oz**  
(can buy if included in your WIC food balance)



SIZE | 8 or 16 oz package

SIZE | Packages of one dozen only

## ALLOWED:

- Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, Swiss, any combination of these types
- Block, stick, string, shredded, and sliced
- Regular, reduced, or fat-free
- Made in U.S.A. only
- Pasteurized cheese only

## NOT ALLOWED ☹

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



## ALLOWED:

- Medium, Large, X-Large, Jumbo
- White or Brown
- Cage Free

## NOT ALLOWED ☹

- Organic
- Fertilized, or free range eggs.
- Powdered, liquid, cooked, or frozen



### Shopping Tips:

- Look closely. Make sure you are buying the 8 oz or 16 oz size package.
- Use the app and scan the bar code to be sure.
- Ways to buy cheese:



1 Pound (LB) of Cheese/  
16 ounces (oz)

=



1/2 Pound (LB) of Cheese/  
8 ounces (oz)

+



1/2 Pound (LB) of Cheese/  
8 ounces (oz)

## Soy milk

SIZE | Half-Gallon and Quart

### ALLOWED: Quart



Pacific Ultra Soy Plain



Silk Original

### Half-Gallon



Silk Original



Great Value Soy Milk Original

### NOT ALLOWED ☹

- Other brands or flavors
- Added DHA/ARA

## Tofu

SIZE | 16 oz size packages only

### ALLOWED:



Azumaya Tofu Firm, Firm, Extra Firm



Aloha Tofu Non-Gmo Firm



House of Tofu Firm, Medium Firm, Extra Firm



O Organics Silken

If included in your WIC food balance:



Mori-Nu 12.3 oz Firm



Mori-Nu 12.3 oz Extra Firm

### NOT ALLOWED ☹

- Soft
- Products with added flavoring or seasoning
- Cooked
- Other brands or sizes

### Shopping Tip:

- Look closely: make sure you are buying the 16 oz size package.
- Use the app and scan the bar code to be sure.

SIZE | 32 oz containers only

### ALLOWED:

- Low-fat or nonfat
- Plain, Vanilla, Peach, Strawberry and Strawberry Banana only
- Greek Plain (low-fat or nonfat only)

If included in your WIC food balance:

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

WIC **ALLOWED** brands of **YOGURT** listed below:



WIC **ALLOWED** brands of **PLAIN GREEK YOGURT** listed below:



### NOT ALLOWED ☹

- No yogurts with artificial sweeteners, like aspartame or sucralose
- Products with toppings or add-ins
- No "light" yogurts
- Other brands or flavors

# WHOLE GRAINS

## Tortillas

SIZE | 10 oz to 16 oz size packages only

### ALLOWED:

- 100% Whole Wheat
- Soft white or yellow corn



WIC **ALLOWED** brands listed below:



### NOT ALLOWED ☹

- Organic
- Fried, flavored or seasoned
- Other brands or sizes

## Bread

SIZE | 16 oz loaf only

### ALLOWED:

- 100% Whole Wheat
- WIC **ALLOWED** brands listed below:



If included in your WIC food balance:

- 24 oz (1lb 8 oz)
- Oroweat brand only



### NOT ALLOWED ☹

- Organic
- Other brands or sizes

## Pasta

SIZE | 16 oz size packages only

### ALLOWED:

- 100% Whole Wheat

WIC **ALLOWED** brands listed below:



### NOT ALLOWED ☹

- Organic
- Other brands or sizes

## Brown Rice

SIZE | 16 oz size only

### ALLOWED:

- Any brand
- Short or long grain
- Instant, quick, or regular cooking time

### NOT ALLOWED ☹

- Boil in a bag or ready to serve
- Organic



# JUICE

## Juice For Women

**SIZE** | 48 oz bottle, 46 oz bottle (V8) and 11.5 oz to 12 oz frozen juice

### ALLOWED:

- 100% juice
- No sugar added
- At least 80% Daily Value for vitamin C
- Calcium fortified with vitamin D

WIC **ALLOWED** brands listed below:

### Juice bottles:



48 oz  
Any flavor



48 oz  
Apple



46 oz  
Vegetable Juice



## Juice For Children

**SIZE** | 64 oz bottle

### ALLOWED:

- 100% juice
  - No sugar added
  - At least 80% Daily Value for vitamin C
- WIC **ALLOWED** brands listed below:



### NOT ALLOWED ☹

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

If included in your WIC food balance:

### Juice packs:



Any Flavor  
8-pack of 4.23 oz boxes  
8-pack of 6.75 oz boxes



Any Flavor  
8-pack of 4.23 oz boxes  
8-pack of 6.75 oz boxes



Pineapple Juice  
Pineapple Orange Juice  
6-pack of 6 oz cans



Apple Juice  
6-pack of 8 oz bottles

# FRUITS

**CAN BUY** | Organic, whole, pre-cut, or packaged

## NOT ALLOWED

- 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

## NOT ALLOWED

- 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.



## NOT ALLOWED

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



# VEGETABLES

**CAN BUY** | Organic, whole, pre-cut, shredded, or packaged

## NOT ALLOWED

- 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).



## NOT ALLOWED

- 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.

## NOT ALLOWED

- 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



# BREAKFAST CEREAL

## Cold Cereal

SIZE | 9 oz to 36 oz size packages only

WIC **ALLOWED** brands listed below:

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



**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**  
Tosted Oats



**Best Yet**  
Corn Flakes



**Signature Select**  
Crispy Rice



**General Mills**  
Fiber One  
Honey Clusters



**Signature Select**  
Tosted Oats



**General Mills**  
Wheat Chex



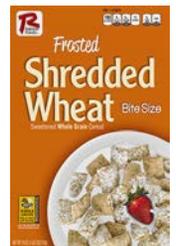
**General Mills**  
Rice Chex



**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

BREAKFAST CEREAL

BREAKFAST CEREAL

# BREAKFAST CEREAL



General Mills  
Kix



General Mills  
Berry Berry Kix



General Mills  
Honey Kix



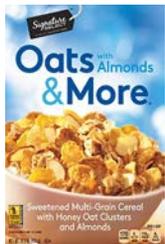
Post  
Honey Bunches of Oats w/Almonds



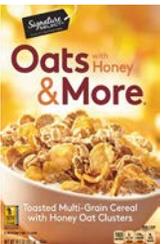
Post  
Honey Bunches of Oats Honey Roasted



Post  
Honey Bunches of Oats w/Vanilla



Signature Select  
Oats & More w/Almonds



Signature Select  
Oats & More w/Honey



Quaker  
Life

**Shopping Tip:**  
Ways to buy 36 ounces of cereal:

## Hot Cereal

SIZE | 11.8 oz size only



WIC ALLOWED 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

### 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

SIZE | 16 oz - 18 oz container

### ALLOWED:

- Plain, creamy, chunky, extra crunchy, natural, or smooth
- Any Brand (except those listed below)



### NOT ALLOWED ☒

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

## Canned Beans

SIZE | 15 oz - 30 oz can only

### ALLOWED:

- Any type, including: Black Eyed Peas, Lima, Garbanzo, Kidney, and Pinto Beans

WIC **ALLOWED** brands listed below:



WIC **ALLOWED ORGANIC** brands listed below:



### NOT ALLOWED ☒

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



### Shopping Tip:

#### Canned Beans Sizes

15 oz to 16 oz size =  1 can

28 oz to 30 oz size =  2 cans

## Dry Beans, Peas & Lentils

SIZE | 8 oz or larger up to 16 oz

### ALLOWED:

- Mix or single type
- Any Brand

### NOT ALLOWED ☒

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



## Refried Beans (Fat Free)

SIZE | 15 oz - 30 oz can only

WIC **ALLOWED** brands listed below:



### NOT ALLOWED ☒

- Products with added sugars, fats, oils or meat
- Other brands or sizes

# INFANT FOODS

## Cereals

SIZE | 8 oz - 16 oz container

### ALLOWED:

- Organic

WIC **ALLOWED** brands listed below:



### NOT ALLOWED

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



## Fruits & Vegetables

SIZE | 2 oz multi-pack or 4 oz size only

### ALLOWED:

- Plain fruits, plain vegetables, or combinations of two or more plain fruits and vegetables
- Organic
- Multi-packs

WIC **ALLOWED** brands listed below:



### NOT ALLOWED

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

## Meats

SIZE | 2.5 oz container only

### ALLOWED:

- Organic
- Added broth or gravy
- Multi-packs

WIC **ALLOWED** brands listed below:



### NOT ALLOWED

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

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

2-PACK = 2 OZ + 2 OZ = 2 Containers = 4 Ounces

2-PACK = 4 OZ + 4 OZ = 2 Containers = 8 Ounces

# CANNED FISH



## Pink Salmon

SIZE | 7.5 oz can

### ALLOWED:

- Any Brand
- Pink Salmon in its own juice

### NOT ALLOWED ☒

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

## Sardines

SIZE | 3.75 oz can

### ALLOWED:

- Any Brand except those listed below
- Sardines in its any sauce

### NOT ALLOWED ☒

- Organic
- King Oscar or Crown Prince brands



## Tuna Chunk Light

SIZE | 5 oz can

### ALLOWED:

- Chunk light tuna in water
- Any Brand

### NOT ALLOWED ☒

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

## Jack Mackerel

SIZE | 15 oz can

### ALLOWED:

- Any Brand
- Jack mackerel in any sauce

### NOT ALLOWED ☒

- Organic
- King Mackerel

# 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 breast milk:

- 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](https://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.**

This institution is an equal opportunity provider.

Printed September 2024

