

Food List For Vendors

EFFECTIVE
JAN
2026

Milk

Allowed

- Plain pasteurized cow's milk only
- Type, size amount listed on WIC Benefits

Any Brand

- Dry/Powdered (3, 8 or 10 qt only)
- Evaporated/Canned (12 oz. cans only)
- Lactose Reduced or 100% Lactose Free
- UHT Milk (Shelf stable)
- Kosher

Store Brand Only

- Fluid milk

Not Allowed

"Plus" milk, Goat milk, Rice milk, Milk with added flavor or sugar, like Nido, Cultured buttermilk, Acidophilus cultured milk, Kefir cultured milk, Organic milk, Leche Klim, Half and half, Milk with added calcium, Ultraskim and superskim milk products, Vegan milk choices



Cheese

Allowed

- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol, low or reduced fat or low or light sodium
- Individual slices, blocked or shredded

Any Brand

8 or 16 oz. packages only in the following varieties:

- American (Pasteurized Process)
- Cheddar
- Colby
- Monterey Jack
- Muenster
- Mozzarella (Part Skim or Whole)
- Provolone
- Swiss
- Blends of these varieties are allowed

Not Allowed

Individually wrapped slices, Deli cheese, Imported cheese, Cheese food, Cheese spread, Cheese product, Flavored cheese, String cheese, Organic cheese

Plant-Based Milk

Allowed

- Half gallon and quart sizes



8th Continent
Original and Vanilla

bettergoods
Bettergoods
Original



Pacific Foods
Ultra Soy Original
(quart size only)

ripple

Ripple*
Original*
(quart size only)

Silk

Silk
Original,
Unsweetened*,
and Vanilla*

Tofu

16 oz. only

Allowed

Azumaya
Tofu

Azumaya
Extra Firm and Firm

Franklin Farms

Extra Firm, Firm,
Medium and Soft

House Foods

House Foods America
Extra Firm, Firm and
Medium Firm

大田
Nature's Soy

Nature's Soy
Firm and Soft

Not Allowed

Tofu with added fats, sugars,
oils or sodium, Organic tofu



Yogurt

32 oz. containers
4 oz. cup size packs
allowed

Allowed

- Type listed on WIC Benefits - whole fat, lowfat, nonfat

Whole Fat

Axelrod
Plain

Bowl and Basket (ShopRite)
Plain

Brown Cow
Plain, Maple and Vanilla

Dannon
Plain and Vanilla

Desi Natural Dahi
Plain

Essential Everyday
Plain

Foodtown
Plain

La Yogurt
Plain, Strawberry and Vanilla

Lucerne
Plain

Weis
Plain

Lowfat

Activia
Black Cherry,
Blueberry, Mango,
Mixed Berry, Peach,
Prune, Strawberry,
Strawberry Banana
and Vanilla

Not Allowed: Light

Axelrod
Plain

Best Yet
Plain

Bowl and Basket (ShopRite)
Plain, Strawberry
and Vanilla

Coburn Farms
Plain

Cream O Land
Plain

Crowley
Plain

Dannon
Plain

Desi Natural Dahi
Plain

Essential Everyday
Plain

Foodtown
Plain

Great Value (Walmart)
Peach and
Strawberry Banana

LaLa

Mango, Plain,
Strawberry and
Vanilla

La Yogurt
Plain and Vanilla

Lucerne
Plain

Mehadrin (Kosher)
Plain

Stop & Shop
Plain

Urban Meadow
Plain

Wegmans
Plain

Weis
Plain

White Rose
Plain

Yoplait

Blueberry

Harvest Peach

Kid Strawberry

Banana/Raspberry

Kid Strawberry/
Blueberry

Kid Strawberry/
Strawberry Banana

Strawberry Banana

Vanilla

Nonfat

Axelrod
Plain

Best Yet
Plain

Bowl and Basket (ShopRite)
Plain

Dannon
Plain

Desi Natural Dahi
Plain

Essential Everyday
Plain

Foodtown
Plain

Great Value (Walmart)
Plain

J&J (Kosher)
Plain

La Yogurt
Plain

Lucerne
Plain

Stop & Shop
Plain and Vanilla

Urban Meadow
Plain

Wegmans
Plain

Weis
Plain

White Rose
Plain

Yoplait
Plain

Not Allowed

Greek, Organic, Drinkable yogurts, Yogurt with artificial and non-nutritive sweeteners (such as sucralose & acesulfame & stevia as seen in many "light" yogurts), Yogurt with mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients

Eggs

One dozen (12 eggs) carton only

Allowed

- Grade A large only
- White only

Any Brand

Not Allowed

1/2 dozen cartons (6 eggs), Cooked eggs, Jumbo eggs, Extra large eggs, Medium eggs, Brown eggs, Specialty eggs, Low cholesterol eggs, Organic eggs, Eggland's Best, Cage-free/Free Range eggs, Eggs with Omega-3



Beans, Peas & Lentils

Dry

16 oz. only

Allowed

- Varieties of mature beans peas or lentils

Any Brand

Canned

15 – 16 oz. only

Allowed

- Regular
- Low sodium
- Varieties of mature beans, peas or lentils
- Organic

Any Brand

Not Allowed

Green beans, green peas, snap beans, yellow beans, wax beans (these can be purchased with WIC Fruits and Vegetables Cash Value Benefit), Baked beans, pork and beans, beans with meat (such as franks and beans), Canned beans with added sugars, fats, meat, oils or soups



Canned Fish

Allowed

- Any combination up to amount listed on WIC Benefits
- Multi-packs & pouches allowed
- Any brand
- **Light Tuna**
 - 2.5 oz and up
 - Cans or pouches packed with water or oil only (plain varieties only)
- **Pink Salmon**
 - 2.5 oz and up
 - Cans or pouches in water or oil only (plain varieties only)
- **Sardines**
 - 3.75 oz. cans packed in water or oil only (may contain bones and skin, plain varieties only)



Not Allowed

Albacore tuna, Blueback salmon, Jack Mackerel, Red salmon, Flavored fish with added seasonings/flavors and other ingredients, Organic fish

Peanut Butter

16 – 18 oz. only

Allowed

- Creamy or crunchy
- Reduced/lowfat
- Natural

Any Brand

Not Allowed

Organic peanut butter, Peanut spread, Freshly ground or whipped peanut butter, Peanut butter mixed with jelly, marshmallow, chocolate or honey, Peanut butter with added vitamins and minerals



Fruits & Vegetables

Fresh Fruits & Vegetables

Allowed

- Plain fruits and vegetables
- Any variety of fresh, whole or cut fruits and vegetables in a bag or container
- Plain salad mixes, coleslaw and greens in a bag or container
- Fruits and vegetables do not have to be locally grown
- Fresh potatoes
- Fresh herbs (clamshell/bunch/etc.)
- Organic



Not Allowed

Items from the salad bar, party platters or trays, fruit baskets, decorative vegetables and fruits, dried fruit and vegetables, Nuts including peanuts, fruit-nut mixtures, Bagged fruits and vegetables with dips, dressings or other ingredients, Dried or potted herbs, jarred/minced or processed herbs & spices

Frozen Fruits & Vegetables

Allowed

- Any brand (frozen fruits cannot have added sugar)
- Any plain or plain mixed vegetables
- Plain mashed potatoes
- Any package type (bag, box)
- Any size
- Potatoes are allowed with or without salt
- Frozen beans (all types)
- Organic



Not Allowed

Vegetables with sauces, like cheese sauce or any other type of sauce, Seasoned, flavored, or breaded, Products with added sugar, fats, oils or any other ingredient, Prepared or frozen tater tots, French fries, Fruits packed in syrup (heavy, light, naturally light, extra light, etc.)

Canned Fruits & Vegetables

Allowed

- Any brand and any size (single serving fruit cup packs are allowed)
- Any plain or plain mixed vegetables and fruits
- Packed in water or natural fruit juice
- Applesauce (unsweetened)
- Includes all shelf-stable containers or pouches
- Regular or low sodium
- Pastes, purees, whole, crushed, stewed and diced tomatoes
- Green peas and lima beans
- Organic



Not Allowed

Sauerkraut, Pickles or creamed vegetables (including corn), Baked beans, pork and beans, Black beans, black-eyed peas, garbanzo beans, kidney beans, butter beans, pinto beans, navy beans, soybeans, split peas, lentils or other mature beans (these can be purchased with Bean/Peanut Butter benefit), Ketchup, relish, olives, Products with added sugar, fats, oils, condiments, or meats, Products packed in syrup (heavy, light, naturally light, extra light, etc.), Added spices and herbs, Soups, pizza, spaghetti and tomato sauce, salsa

* New Item

Infant Food



Infant Formula

Allowed

- Type, size and amount listed on WIC Benefits

Cereal

8 oz. containers only

Allowed

- Amount listed on WIC Benefits
- Plain varieties only
- Rice, oatmeal, mixed grains, whole wheat



First Choice

Gerber

Not Allowed

Organic infant cereal, Infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

Meats

2.5 oz. containers only
(multi-packs allowed)

Allowed

- Amount listed on WIC Benefits
- Single meat or poultry varieties w/ broth or gravy
- Organic



Baby Basics

Beech-Nut



Earth's Best Organic

Gerber

Not Allowed

Infant food combinations (such as meat and vegetables), Infant dinners (such as spaghetti and meatballs), Baby foods with added sugars or salt

Fruits & Vegetables

4 oz. individual containers

- 2 oz. 2 pack (total 4 oz.) = 1 container
 - 4 oz. 2 pack (total 8 oz.) = 2 containers
- Variety packs of 4 oz. containers allowed

Allowed

- Amount listed on WIC Benefits
- Any single fruit or vegetable
- Any combination of different vegetables and fruits
- Pouches
- Organic



Alpina

Baby Basics

Beech-Nut

Beech-Nut Naturals

Beech-Nut Organics

Bowl and Basket



Earth's Best Organic

First Choice

Gerber

Good & Gather*

Happy Baby Organics

Nature's Promise



O Organics

Once Upon a Farm

Parent's Choice

Peter Rabbit Organics

Plum Organics

Tippy Toes



Tippy Toes Organic

Wholesome Pantry

Organic Wild Harvest

Not Allowed

Baby foods with added sugars, starches or salt, Baby food with cereal, meats or infant food dessert (such as peach cobbler), Any variety of baby foods that contain DHA or yogurt

Juice

100% Juice Only

11.5 – 12 oz. Frozen Concentrate

Any Brand

- Orange (regular, w/ calcium, w/ pulp, etc.)

Any Brand

- Grapefruit



Best Yet

- Apple



Essential Everyday

- Apple
- Grape



Freedom's Choice

- Apple



Great Value (Walmart)

- Apple
- Grape



Hannaford

- Apple (from concentrate)



Market Pantry (Target)

- Apple
- Grape



My Essentials

- Apple (from concentrate)



Old Orchard

- 100% Juice Orange Blend
- Apple
- Grape
- Pineapple
- White Grape



Parade

- Apple



Seneca

- Apple



ShopRite

- Apple



Signature Select (Acme)

- Apple
- Berry Blend
- Cranberry
- Grape



Stop & Shop

- Apple
- Grape



Tipton Grove

- Apple



Weis

- Apple



* New Item

64 oz. Non-Refrigerated & Refrigerated Containers

Any Brand

- Orange (regular, w/ calcium, w/ pulp, etc.)

Any Brand

- Grapefruit



Apple & Eve

- Apple (and 48 oz.)
- Cranberry Apple (and 48 oz.)
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry (and 48 oz.)
- Natural Style Apple
- Naturally Cranberry (and 48 oz.)
- Strawberry Passion
- Watermelon Grape



Best Yet

- Apple
- Cranberry
- Grape
- Orange (48 oz. only)
- Orange Mango (and 48 oz.)
- Orange Pineapple (and 48 oz.)
- Pineapple (and 48 oz.)
- Purple Grape
- Tomato
- Vegetable
- White Grape



Campbell's

- Tomato
- Low Sodium Tomato

* New Item



Diane's Garden

- Vegetable (from concentrate)



Essential Everyday

- Apple
- Apple cider*
- Apple w/ Calcium
- Apple w/ Vitamin D
- Cranberry
- Grape
- Pineapple
- Tomato
- Tomato (low sodium)
- Vegetable (low sodium)
- White grape*



Foodtown

- Apple
- Grape



Freedom's Choice

- Apple (and 48 oz.)
- Grape
- Tomato



Great Value (Walmart)

- Apple
- Cranberry Grape
- Fruit Punch
- Grape
- Mango Peach
- Orange Blend
- Pear
- Tomato
- Vegetable
- White Grape Peach



Hannaford

- Apple
- Grape



Hi-Top

- Apple
- Grape
- Cranberry Grape
- Tomato
- Vegetable



IGA

- Apple
- Grape



Juicy Juice

- Any flavor Juicy 100% Juice
- Apple (and 48 oz.)
- Cherry (and 48 oz.)
- Fruit Punch (and 48 oz.)
- Grape (and 48 oz.)
- Kiwi Strawberry (and 48 oz.)
- Orange Tangerine (and 48 oz.)



Kedem

- Grape



Key Food

- Apple
- Apple Cranberry
- Cranberry
- Pineapple Grape
- White Grape



Krasdale

- Apple
- Grape



Langers

- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Concord Grape
- Cranberry Plus
- Cranberry Raspberry Plus
- Pineapple
- Pineapple Orange



Life Every Day

- Apple
- Grape



Market Pantry (Target)

- Apple
- Grape
- Tomato



Mott's

- Apple (and 48 oz.)
- Apple Cherry
- Apple Mango
- Apple White Grape
- Fruit Punch (and 48 oz.)
- Kiwi Strawberry (and 48 oz.)
- Pineapple Passion



My Essentials

- Apple
- Grape



Nature's Own

- Apple
- Grape



Northland

- Blueberry Blackberry Acai
- Cranberry (and 48 oz.)
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Grape
- Cranberry Mango
- Cranberry Pomegranate
- Cranberry Raspberry
- Pomegranate Blueberry
- Raspberry Blueberry



Ocean Spray

- Cranberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Elderberry
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon

Not allowed: Cran-flavor varieties



Old Orchard

- 100% Juice Orange Blend
- Acai Pomegranate
- Apple
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Pomegranate
- Grape
- Kiwi Strawberry
- Orange Tangerine
- Peach Mango
- Red Raspberry
- Strawberry Watermelon
- White Grape
- Wild Cherry



Parade

- Apple
- Grape



PriceRite

- Apple



Red & White

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Grape

Not Allowed

Juices not listed above, Sizes not listed above, Organic juices, Products that are not 100% juice (drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twisters, splashes, punches, juices with added sugar, sugar substitute or DHA/ARA, baby juices), Cold pressed juices



Ruby Kist

- 100% Juice Orange Blend
- Apple (and 48 oz.)
- Orange (48 oz. only)
- Grape
- Pineapple (and 48 oz.)
- Tomato
- White Grape (and 48 oz.)



Seneca

- Apple (and 48 oz.)



Sesame Street

- Big Bird's Apple
- Cookie Monster's Berry
- Elmo & Abby's Mango Strawberry
- Elmo's Punch
- Grover's White Grape



ShopRite

- Apple
- Apple Cider
- Grape
- Pineapple
- Tomato
- Vegetable (low sodium)
- White Grape



Signature Select (Acme)

- Apple
- Cranberry
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Grape
- Pineapple
- Tomato
- White Grape



Stop & Shop

- Apple
- Apple Cider
- Cranberry
- Grape
- Tomato
- Vegetable



That's Smart

- Grape



Tipton Grove

- Apple
- Grape



Urban Meadow

- Apple



V8

- Original
- Vegetable
- Low Sodium Vegetable
- Spicy Hot Vegetable



Wegmans

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Concord Grape
- Cranberry Raspberry
- Grape



Weis

- Apple
- Apple with Calcium
- Cranberry
- Cranberry Apple
- Cranberry Grape
- Grape
- White Grape



Welch's

- Grape
- Grape w/ Calcium
- Red Grape
- Super Berry
- White Grape
- White Grape Peach

Cold Cereal

12 to 36 oz. only



Morning Cheers

- 7 Grain Flakes
- Bran Flakes
- Bran Sticks



General Mills

- Cheerios
- Multi Grain Cheerios
- Cheerios Hearty Nut Medley
- Cheerios Veggie Blends Apple Strawberry
- Cheerios Veggie Blends Blueberry Banana
- Blueberry Chex
- Cinnamon Chex
- Corn Chex
- Rice Chex
- Wheat Chex*
- Fiber One Honey Clusters
- Kix
- Mott's Apple Cinnamon*
- Mott's Very Berry*
- Total Whole Grain
- Wheaties

Grain Berry

- Cinnamon Frosted Shredded Wheat
- Multi-Bran Flakes
- Original Toasted Oats



Kellogg's

- Corn Flakes
- Corn Flakes Honey
- Crispix
- Frosted Mini Wheats
- Frosted Mini Wheats Little Bites Blueberry
- Frosted Mini-Wheats Cocoa
- Frosted Mini Wheats Golden Honey
- Frosted Mini Wheats Little Bites Pumpkin Spice
- Frosted Mini Wheats Little Bites Strawberry
- Rice Krispies
- Special K
- Special K Protein Honey Almond
- Ancient Grains
- Special K Protein Original
- Multi Grain Touch of Cinnamon



Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners
- Raisin Bran*
- Strawberry Mini Spooners



Post

- Bran Flakes*
- Grape Nut Flakes
- Great Grains Banana Nut Crunch
- Great Grains Crunchy Pecan
- Great Grains Raisin Date Pecan*
- Honey Bunches of Oats with Almonds
- Honey Bunches of Oats with Cinnamon Bunches
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats with Vanilla Bunches
- Raisin Bran*



Quaker

- Life Multigrain Cereal Original
- Mighty Life Strawberry Blueberry Bliss
- Mighty Life Very Vanilla
- Oatmeal Squares Brown Sugar
- Oatmeal Squares Honey Nut



Avenue A

- Corn Flakes
- Toasted Oats



Best Yet

- Bite Size Bite Size Frosted Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Toasted Oats

Essential Everyday

- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Crunchy Corn Squares
- Crunchy Rice Squares
- Raisin Bran
- Strawberry Cream Frosted Shredded Wheat
- Toasted Oats
- Wheat Bran Flakes



Foodtown

- Corn Flakes
- Frosted Shredded Wheat
- Toasted Oats



Freedom's Choice

- Bran Flakes
- Corn Flakes
- Crisp Rice
- Crispy Honey Oats and Flakes with Almonds
- Frosted Shredded Wheat
- Toasted Oats



Great Value (Walmart)

- Corn Flakes
- Crisp Rice
- Tasteeos
- Toasted O's



Hyde Park

- Corn Flakes



Hy-Top

- Corn Flakes



IGA

- Bran Flakes Enriched
- Corn Flakes



Kemach

- Bran Flakes
- Corn Flakes
- Crisp Rice



Key Food

- Corn Flakes



Kiggins

- Corn Flakes



Krasdale

- Corn Flakes



Life Every Day

- Corn Flakes
- Toasted Oats



My Essentials

- Corn Flakes



Parade

- Corn Flakes



Ralston

- Corn Flakes



Red & White

- Corn Flakes



ShopRite

- Bite Sized Frosted Shredded Wheat
- Corn Flakes
- Toasted Oats



Shurfine

- Corn Flakes



Signature Select (Acme)

- Bran Flakes
- Corn Flakes
- Toasted Oats



Stop & Shop

- Bran Flakes
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Honey Crunchin' Oats
- Honey Crunchin' Oats With Almonds
- Oats & O's



That's Smart

- Crisp Rice



Urban Meadow

- Corn Flakes
- Rice Crispy
- Toasted Oats



Wegmans

- Corn Flakes
- Multi-Grain Toasted



Weis

- Bite Size Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Toasted Oats
- Wheat Bran Flakes
- Wheat Flakes



11.8 to 36 oz. only



B & G Food

- Cream of Rice Original
- Cream of Wheat 1 Minute
- Cream of Wheat 2½ Minute
- Cream of Wheat Original Instant
- Cream of Wheat Whole Grain 2 ½ Minute



Best Yet

- Instant Oatmeal Original



Essential Everyday

- Instant Oatmeal Original



Farina

- Wheat Cereal Original



Food Club

- Instant Oatmeal Original



Great Value (Walmart)

- Instant Oatmeal Original



Hy-Top

- Instant Oatmeal Original



IGA

- Instant Oatmeal Original



Key Foods

- Instant Oatmeal Original



Malt-O-Meal

- Wheat Cereal Original



Parade

- Instant Oatmeal Original



Paskesz*

- Instant Oatmeal Original



Quaker

- Instant Oatmeal Original
 - Instant Grits Original
 - Quick Creamy Wheat
- Not allowed: Quick 5-Minute



ShopRite

- Instant Oatmeal Original



Signature Select (Acme)

- Instant Oatmeal Original



Stop & Shop

- Instant Oatmeal Original
- Instant Cream Farina Original



Weis

- Instant Oatmeal Original



Wegmans

- Instant Oatmeal Original



Wegmans

- Instant Oatmeal Original



Wegmans

- Instant Oatmeal Original



Wegmans

- Instant Oatmeal Original

* New Item

Not Allowed

Cereals or sizes not listed, Organic cereals



Brown & Wild Rice*

8–24 oz. packages

Allowed

- Any brand
- Long grain or short grain rice
- Instant, quick, boil-in-bag, or regular cooking rice
- Brown/wild rice blends

Not Allowed

Organic, Rice with added sugars, fats or salt, seasonings/flavors, White, Basmati or Jasmine rice

100% Whole Wheat & Corn Tortillas

8–24 oz. packages

| | | | |
|--|--|---|--|
| America's Choice Whole Wheat | Great Value Whole Wheat | Mex-America Whole Wheat w/ Honey | Stop & Shop White Corn Whole Wheat Yellow Corn |
| Carlita Soft White Corn Whole Wheat | Herdez Whole Wheat Corn | Mission Whole Wheat Yellow Corn | Wegmans Whole Wheat |
| Celia's Whole Wheat Yellow Corn | Key Food Whole Wheat White Corn | Ortega Whole Wheat | Weis Whole Wheat |
| Chi Chi's Whole Wheat White Corn | La Banderita White Corn Yellow Corn | Safeway White Corn* | |
| Don Pancho Whole Wheat White Corn | ShopRite Whole Wheat Fajita Whole Wheat | Signature Select White Corn* Whole Wheat | |
| | Mayan Farm Whole Wheat | | |

100% Whole Wheat Bread & Bread Products

8–24 oz. packages

Allowed

- Whole wheat bread, whole wheat bagels, whole wheat English muffins, whole wheat pita and other whole wheat bread products

| | | | | | | |
|--|---|--|---|---|---|---|
| America's Choice 100% Whole Wheat Bread | Frankzoz 100% Whole Wheat Bread | Market Pantry (Target) 100% Whole Wheat Bread* | Pepperidge Farm 100% Farmhouse Whole Wheat Bread* | Shoprite Bowl & Basket 100% Whole Wheat Bread | Thomas 100% Whole Wheat Bagels (6 count)* | Windmill Farms 100% Stone-Ground Whole-Wheat Bread w/Gluten, Hamatzie |
| Arnold 100% Stone Ground Whole Wheat Bread | Freihofer 100% Whole Wheat Bread* | Mission Whole Wheat Pita* | 100% Very Thin Whole Wheat Bread | Signature Select 100% Whole Wheat Bread | 100% Whole Wheat English Muffins (6 count)* | 100% Stone-Ground Whole-Wheat Bread w/Gluten, Mezonos |
| 100% Whole Wheat Bread | Great Value 100% Whole Wheat Bread* | Nature's Own 100% Whole Wheat Bread | Whole Grain 100% Whole Wheat Bread* | Stern's 100% Whole Wheat Bread | Toufayan Whole Wheat Pita Bread* | Wonder 100% Whole Wheat Bread |
| 100% Whole Wheat Buns (8 count)* | Gold Medal 100% Whole Wheat Bread | 100% Whole Wheat Small Loaf Bread* | Whole Grain 15 Grain Bread* | 100% Whole Wheat Rolls (8 count) | Urban Meadows 100% Whole Wheat Bread | Not Allowed Flavored breads such as honey and cinnamon raisin |
| 100% Whole Wheat Sandwich Thins (6 count)* | Hannaford 100% Whole Wheat Bread | Panera 100% Whole Wheat Bread* | Whole Grain Thin Sliced 15 Grain Bread* | 100% Whole Wheat Bread | Wegmans 100% Hearty Whole Wheat Bread* | |
| Whole Grains 100% Whole Wheat Small Sliced Bread* | Key Food 100% Whole Wheat Bread | PAS 100% Whole Wheat Bread | Whole Grain Oatmeal Bread* | Whole Wheat English Muffins (6 count) | 100% Soft Whole Wheat Bread* | |
| Baker's Choice 100% Whole Wheat Bread | Krasdale 100% Whole Wheat Bread | Sara Lee 100% Whole Wheat Bread | Whole Grain Thin Sliced* | Stroehmann 100% Whole Wheat Bread | Whole Wheat English Muffins (6 count)* | |
| Best Yet 100% Whole Wheat Bread | | Schmidt Old Time 100% Whole Wheat Bread | 100% Whole Wheat Bread | Super Bread 100% Whole Wheat Bread | Weis 100% Whole Wheat Bread | |
| Bimbo 100% Whole Wheat Bread | | | | | | |
| Essential Everyday 100% Whole Wheat Bread | | | | | | |

100% Whole Wheat Pasta

12–16 oz. packages

| | | | | |
|---|--|--|---|--|
| Allegra Spaghetti | Cluster Elbows Penne Spirals Spaghetti | Good & Gather Rotini Spaghetti | Hodgson Mill Angel Hair Elbows Spirals Thin Spaghetti | Signature Select Elbow Macaroni Linguine Penne Rigate Rotini Spaghetti Thin Spaghetti |
| Barilla Angel Hair Elbows Linguine Medium Shells Penne Rotini Spaghetti Thin Spaghetti | Essential Everyday Macaroni Penne Rigate Rotini Spaghetti Thin Spaghetti | Great Value (Walmart) Elbows Linguine Penne Rotini Spaghetti Thin Spaghetti | Ronzoni Linguine Penne Rigate Rotini Spaghetti Thin Spaghetti | Via Roma Penne Rigatoni Spaghetti |
| Bionaturae Organic Fettuccine Fusili Penne Rigate Rigatoni Spaghetti | Gia Russa Angel Hair Linguine Penne Rigate Rotini Spaghetti | Heartland Elbow Rotini | ShopRite Penne Rigate Rotini Spaghetti | Weis Angel Hair Penne Rigate Rotini Spaghetti |

Quinoa

12–16 oz. packages

Allowed

- Boil in bag
- Organic
- Any color

| | | | |
|---|--|---|---|
| Badia | Good & Gather Rainbow Quinoa* | Kitov Vacuum Packed Quinoa* | Nature's Promise Classic White Quinoa* Tri-Color Quinoa* |
| Galil Tri-Color Quinoa* White Quinoa* | Goya Black Quinoa* Red Quinoa* Tri-Color Quinoa* | La Bonne Red Quinoa* Tri-Color* White Quinoa* | O Organics |
| Goldbaums Baby Quinoa* Red Quinoa* Tri-Color Quinoa* White Quinoa* | Great Value White Quinoa* Tri-Color Quinoa* | Lior Multi Grain Medley Wild Rice & Quinoa* | Pereg Red Quinoa* Tri-Color Quinoa* White Quinoa* |
| | Ios White Quinoa* Tri-Color* | Minute Tri-Color Quinoa* | Success Tri-Color Quinoa* |

Not Allowed

Quinoa with added sugars, fats or salt, seasonings/flavors

Questions?

Contact the New Jersey WIC State agency at
1-609-292-9560

To learn more about the New Jersey WIC program, please visit: <https://www.nj.gov/health/fhs/wic/>

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