



FOOD SHOPPING GUIDE

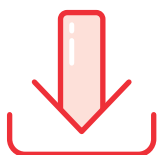
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HELPFUL TECHNOLOGY

The Wyoming WIC Program offers the [WICShopper app](#)!



FREE to download



Allows you to register your card to see your benefit balance for the current month



List of stores where you can shop in Wyoming



Scan items (except fresh produce*) to see if they are WIC Approved



View the Wyoming WIC Food Shopping Guide

Scanning the barcode on fresh produce **does not confirm if it's WIC Approved, however most fresh produce can be purchased with WIC benefits at the register.*

Get the WICShopper app:



If you need help with this app, please ask your local WIC clinic or call the WIC State Agency customer service line.



TIPS FOR SHOPPING WITH WIC

- ✓ Use the *My Benefits* button in the WIC Shopper App to view your benefit balance. You can also ask for a Balance Inquiry receipt at the store before shopping or refer to your Ending Balance receipt from your previous shopping trip.
- ✓ Before foods are scanned, let the cashier know that you will be using your WYO W.E.S.T. card.
- ✓ Your WIC foods do not need to be separated from the rest of your groceries.
- ✓ Store discount cards, coupons of any kind, or promotions are allowed and encouraged to be used with your WIC purchase.
- ✓ **NO SUBSTITUTIONS OR EXCHANGES ARE ALLOWED**
All WIC purchases are final, unless the item(s) purchased is expired or damaged.

IF YOU NEED ASSISTANCE



- If an item you are trying to purchase with your WIC benefits does not scan as WIC approved, please provide the barcode and a description of the product to us as soon as possible by:
 - Using the *I Couldn't Buy This* button in the WIC Shopper App; or
 - Sharing pictures/product information with your local WIC clinic; or
 - Emailing pictures/product information to wdh-wywicvendor@wyo.gov
- If you have problems at the grocery store, speak with the store manager to resolve the problem. If the manager is unavailable to resolve the problem, call your WIC clinic or contact the WIC State Agency customer service line at 1-888-WYO-WEST (1-888-996-9378).
- If your local WIC clinic is closed during their normal business hours and you need assistance, contact the WIC State Agency customer service line Monday - Friday.

LEARN MORE ABOUT WYOMING WIC



Visit health.wyo.gov/publichealth/wic for more information:

Clinic Locations and Information

Where Can I Shop?

Breastfeeding Support

Vendor Services

Nutrition Education

Find us on:



DAIRY

MILK

Buy:

- Any Brand

Sizes:

- gallons
- half gallons
- quarts

Whole, 1% (Low-fat), or Fat Free Milk Choices:

- Fresh Pasteurized Cow's Milk
- Buttermilk
- Goat's Milk (canned, fresh, powdered)
- Lactose Free/Lactose Reduced
- Canned/Evaporated
- Dry/Powdered (must reconstitute to 8 quarts)
- UHT/Shelf Stable (only in quarts)



Children 1 to 2 years are issued **WHOLE MILK**

Children 2 to 5 years and women are issued **1% (LOW-FAT)** or **FAT FREE MILK**

When nutritionally indicated, children and women are issued **2% MILK** or **LACTOSE FREE 2% MILK**

Don't Buy:

- Added Calcium, Protein, or Other Nutrients
- Almond, Cashew, Coconut, or Rice Based Beverage
- Flavored/Sweetened
- Organic
- Other Sizes
- Raw/Unpasteurized

SOY BEVERAGE

Only when listed on WIC benefits:

Buy:

Sizes:

- quarts
- half-gallons

Choose from the following brands & flavors:



8th Continent Refrigerated

- Original
- Vanilla



Great Value Refrigerated

- Plain



Pacific Natural Shelf Stable

- Ultra Soy Original
- Ultra Soy Vanilla



Silk Refrigerated

- Original

Don't Buy:

- Almond/Cashew/Coconut Based Beverage
- Other Brands/Flavors
- Organic
- Rice Based Beverage

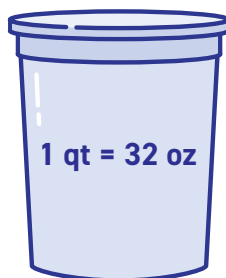
YOGURT

Buy:

- Any Flavor
- Greek or Regular

Size:

- 32 Ounce Containers



Children 1 to 2 years are issued **WHOLE (Vitamin D) MILK YOGURT**

Children 2 to 5 years and women are issued **LOW-FAT (1%) OR NONFAT YOGURT (0%)**



DAIRY

YOGURT

Choose from the following brands:



Best Choice



Brown Cow



Chobani



Dannon



Darigold



Essential Everyday



Fage



Food Club



Great Value



Kroger



LaLa



Light + Fit



Lucerne



Mountain High



Oikos



Open Nature



Our Family



Simple Truth



Tillamook



The Greek Gods



Two Good



Yoplait



ZOI

Don't Buy:

- Drinkable
- Mix-In Ingredients (granola, candy pieces, honey, or nuts)
- Multi-Packs
- Organic
- Other Sizes
- Pouches/Tubes
- Reduced Fat 2% , 1.5%
- Ultra Filtered Milk
- Whipped

CHEESE

Buy:

- Any Brand of Domestic Cheese
- Regular/Reduced-Fat

Sizes:

- 8 & 16 ounce packages

Cheese Choices:

- Block
- String Cheese (Mozzarella)
- Shredded
- Sliced

Note:

Blends of two or more of the types of cheese listed above are allowed. For example, Shredded Mozzarella, Provolone, & Cheddar.

Choose from the following types:

- Cheddar (all varieties)
- Cheddar-Jack
- Colby
- Colby-Jack
- Deluxe American Cheese Slices (not individually wrapped or block)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

Don't Buy:

- Added Ingredients (e.g., Pepper Jack)
- Bulk
- Cheese & Cracker Packs
- Cheese Food Products/Spreads
- Crumbles/Cubes/Curds
- Deli/Gourmet
- Individually Wrapped Sliced Cheese
- Imported Cheese
- Organic
- Other Blends/Types/Sizes



PROTEIN

BEANS & PEAS

Buy:

- Any Brand
- Any Single Variety:
 - Beans
 - Fat-Free Refried Beans
 - Lentils
 - Peas (No Sweet)
- Regular/Low Sodium

Sizes:

- 1 or 2 pound (16 or 32 oz) bag dried beans
- 15 to 16 ounce canned beans

Note:

If your WIC benefits show that you have 2 jarbag of “Beans/Peas/Peanut Butter” and you purchase 1 jar of peanut butter and 1 can of beans, your new ending balance would be .75 jarbag.



Don't Buy:

- | | | | |
|-----------------------|---------------------|---------------|-------------------|
| • Added Fat/Oil/Sugar | • Bulk | • Mixed | • Soup/Soup Mixes |
| • Added Seasoning | • Canned Sweet Peas | • Organic | • Wax/Yellow |
| • Baked Beans | • Chili | • Other Sizes | |
| • Beans with Meat | • Green Beans | • Snap Green | |

HELPFUL TIP

Different ways to buy Beans/Peas/Peanut Butter

One item equals:



1 (16 oz) package dry beans

OR



4 cans of beans
(1 can = .25 units)

OR



1 jar peanut butter

PROTEIN

PEANUT BUTTER

Buy:

- Any Brand
- Chunky/Creamy/Crunchy/Extra Crunchy
- Natural
- Reduced Fat
- Reduced Salt
- Reduced Sugar

Sizes:

- 16 to 18 ounce jars

Don't Buy:

- Added Honey/Jelly/Marshmallow
- Organic
- Other Nut Butters
- Other Sizes
- Spreads
- Squeeze Bottles
- Whipped



EGGS



Buy:

- Any Brand
- Brown or White
- Cage Free
- Chicken
- Fresh
- Grade A or AA
- Medium, Large, Extra Large, and Jumbo
- Omega 3

Sizes:

- 1 dozen

Don't Buy:

- Egg Substitutes
- Free Range
- Hard Boiled
- Organic
- Other Counts
- Pasture Raised
- Specialty Eggs

RECIPE

FRENCH TOAST



- 1 egg
- ½ teaspoon vanilla
- ½ teaspoon cinnamon
- ¼ cup milk
- 4 slices whole wheat bread

In a bowl beat egg, vanilla, cinnamon, and milk. Dip bread into the egg mixture and coat each side. Cook bread in a skillet or griddle on medium heat, until golden brown.

WHOLE GRAINS

WHOLE WHEAT BREAD

Buy:

- 100% Whole Wheat
- Any Brand

Sizes:

- 16, 20, or 24 ounce packages

Women can get **16 ounce packages**

Children can get **16, 20, and 24 ounce packages**

**“100% Whole Wheat Bread”
must be specified on the package**

Note:

First ingredient must be “Whole Wheat Flour”

Don't Buy:

- | | | |
|---------------------------------|--------------------------|-----------------|
| • Bagels | • Hamburger/Hot Dog Buns | • Other Flavors |
| • Bleached/Enriched Wheat Flour | • Light | • Other Sizes |
| • Deli/Bakery Bread | • Organic | • Rolls |

HELPFUL TIP



Serve your little ones whole grain versions of their favorite bread, tortilla, or pasta. It's a simple way to help them eat more whole grains.

wicworks.fns.usda.gov/resources/myplate-all-about-grains-group

WHOLE GRAINS

WHOLE WHEAT PASTA

Buy:

- Any Shape (e.g. penne, spaghetti, rotini)

Sizes:

- 16 ounce packages

Note:

“Whole Wheat Flour” or “Durum Whole Wheat Flour” must be the only flour in the ingredient list.

Choose from the following brands:



Barilla



Best Choice



Essential Everyday



Food Club



Great Value



Hodgson Mill



Kroger



Our Family



Ronzoni



Signature Select



BROWN RICE

Buy:

- Any Brand
- Long/Short Grain
- Pre-Cooked/Parboiled

Sizes:

- 14 ounce box (instant/boil-in-bag)
- 16 or 32 ounce bag (regular/quick cooking)

Women can get **14 and 16 ounce packages**

Children can get **14, 16, and 32 ounce packages**

Don't Buy:

- Added Seasonings
- Dinners
- Individual Packets
- Mixes
- Organic
- Other Sizes
- Ready to Serve
- White/Red
- Wild (Black)



HELPFUL TIP



Be ready to make quick and easy meals. Cook brown rice and store, tightly covered, in the refrigerator for up to 5 days, or in the freezer for up to 6 months.

-Nutrition Matters, Inc. WIC107R1

WHOLE WHEAT TORTILLAS

Buy:

Sizes:

• 16 ounce packages

Choose from the following brands:



Best Choice
100% Whole Wheat
Soft Taco



Chi-Chi's
Whole Wheat
Fajita Style



Don Pancho
Whole Wheat Soft Taco



Essential Everyday
100% Whole Wheat



Food Club
Whole Wheat
Fajita Style



Guerrero
100% Whole Wheat
Soft Taco



Kroger
100% Whole Wheat
Soft Taco



La Banderita
100% Whole Wheat
Fajita



La Favorita
Whole Wheat



Mission
100% Whole Wheat
Fajita Style



Mission
100% Whole Wheat
Soft Taco



Ortega
Whole Wheat



Our Family
Whole Wheat Fajita
Style



Our Family
Whole Wheat Flour
Soft Taco



Signature Select
100% Whole Wheat
Soft Taco

Don't Buy:

- Other Brands/Flavors
- Other Sizes

- Organic
- Refrigerated

- Taco Shells
- Tostada Shells

- White Flour
- Wraps

WHOLE GRAINS

CORN TORTILLAS

- Soft
- White/Yellow

Sizes:

- 8 or 16 ounce packages

Choose from the following brands:



Best Choice
Corn, 16 oz



Don Pancho
White Corn, 16 oz



Essential Everyday
White Corn, 16 oz



Guerrero
White Corn, 16 oz



Herdez
White Corn, 16 oz



IGA
White Corn, 16 oz



Kroger
Yellow Corn Gluten Free,
16 oz



La Banderita
Corn, 16 oz



La Burrita
Corn, 16 oz



La Favorita
Corn, 8 oz



Mission
Extra Thin Yellow Corn,
16 oz



Our Family
White Corn, 16 oz



Our Family
Yellow Corn, 16 oz

Don't Buy:

- Organic
- Taco Shells
- Other Sizes
- Tostada Shells

WHOLE GRAINS

OATMEAL

Buy:

- Regular and Quick Cooking Oats

Sizes:

- 16 or 32 ounce packages

Don't Buy:

- Added sugar/salt
- Added fat/oil
- Organic



Choose from the following brands and types:



Avelina

Quick Cooking Rolled Oats, 16 oz
Old Fashioned Rolled Oats, 16 oz



Best Choice

Old Fashioned Oats, 16 oz
Quick Oats, 16 oz



Bob's Red Mill

Quick Cooking Rolled Oats, 16 oz
Old Fashioned Rolled Oats, 16 oz
Extra Thick Rolled Oats, 16 oz
Instant Rolled Oats, 16 oz
Quick Cooking Rolled Oats, 16 oz
Old Fashioned Rolled Oats, 32 oz
Quick Cooking Rolled Oats, 32 oz



Hodgson Mill

Thick Cut Rolled Oats, 16 oz
Quick Oats, 16 oz



Mom's Best

Quick Oats, 16 oz
Old Fashioned Oats, 16 oz



Our Family

Old Fashioned Oats, 16 oz
Quick Oats, 16 oz



Quaker

Crystal Wedding Oats, 16 oz
Rolled Oats, 16 oz



Simple Truth

Natural Old Fashioned Oats, 16 oz



western family

Western Family

Quick 1 Minute Oatmeal, 16 oz

BREAKFAST CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

OATMEAL

Buy:

- Individual Packets
- Original/Regular Flavor

Sizes:

- 11.8 or 12 ounce box

Don't Buy:

- Other Brands
- Other Flavors
- Other Sizes
- Organic



Choose from the following brands and types:



Best Choice^{WG}



Essential Everyday^{WG}



Food Club^{WG}



Great Value^{WG}



IGA^{WG}



Kroger^{WG}



Our Family^{WG}



Quaker^{WG}

HELPFUL TIP



Choose whole grain cereals to increase your fiber intake.

Whole grains are good for your heart and digestion, and can help you maintain a healthy weight and good overall health.

www.myplate.gov/eat-healthy/grains

HOT CEREAL

Buy:

Sizes:

- 9 to 36 ounce packages

Don't Buy:

- Other Brands
- Other Flavors/Types
- Other Sizes
- Organic



Choose from the following brands and types:

B&G Foods



Cream of Wheat
1 Minute



Cream of Wheat
2 1/2 Minute



Cream of Wheat
Instant



Cream of Wheat
Whole Grain^{WG}



Cream of Rice
Instant^{GF}

Essential Everyday



Creamy Wheat



Creamy Wheat

Malt-O-Meal



Chocolate Hot Wheat



Co Co Wheats



Original Hot Wheat

HELPFUL

TIP



Healthy Whole Grain Breakfast Ideas:

- One cup of whole wheat cereal flakes (1 ounce) with fat free or low fat milk
- 1/2 cup cooked oatmeal (1 ounce) topped with a favorite fruit and a little sugar or honey
- One regular slice of whole grain toast (1 ounce) with a slice of low fat cheese

www.myplate.gov/eat-healthy/grains

ebtshopper.com/recipes/

BREAKFAST CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

COLD CEREAL

Buy:

Sizes:

- 9 to 36 ounce packages

Don't Buy:

- Other Brands
- Other Flavors
- Other Sizes
- Organic

Choose from the following brands and types:

General Mills



Cheerios-Original^{WG GF}



Cheerios-Multi Grain^{WG GF}



Chex-Blueberry^{GF}



Chex-Cinnamon^{GF}



Chex-Corn^{GF}



Chex-Rice^{GF}



Chex-Vanilla^{GF}



Chex-Wheat^{WG}



Fiber One Honey Clusters^{WG}



Kix^{WG}



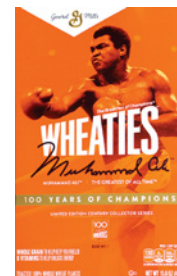
Kix-Berry^{WG}



Kix-Honey^{WG}



Total Whole Grain^{WG}



Wheaties^{WG}

↓ Continued

BREAKFAST CEREAL

COLD CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

Kellogg's



All Bran Complete Wheat Flakes^{WG}



Complete Bran^{WG}



Corn Flakes



Crispix



Frosted Mini Wheats^{WG}



Frosted Mini Wheats Blueberry Muffin^{WG}



Frosted Mini Wheats Pumpkin Pie Spice^{WG}
(when available)



Frosted Mini Wheats Strawberry^{WG}



Rice Krispies



Special K



Special K Touch of Cinnamon^{WG}

Malt-O-Meal



Crispy Rice^{GF}



Frosted Mini Spooners^{WG}



Strawberry Cream Mini Spooners^{WG}

BREAKFAST CEREAL

COLD CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

Post



Grape Nuts Original^{WG}



Grape Nuts Flakes^{WG}



Great Grains Banana Nut Crunch^{WG}



Honey Bunches of Oats Almond



Honey Bunches of Oats Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla

Quaker



Life^{WG}



Life-Strawberry^{WG}



Life-Vanilla^{WG}



Oatmeal Squares Cinnamon^{WG}



Oatmeal Squares Golden Maple^{WG}



Oatmeal Squares Brown Sugar^{WG}



Oatmeal Squares Honey Nut^{WG}

↓ Continued

BREAKFAST CEREAL

COLD CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

Store Brands



Always Save

- Corn Flakes



Food Club

- Bran Flakes^{WG}
- Corn Flakes
- Corn Squares^{GF}
- Crisp Rice
- Frosted Shredded Wheat Bite Size^{WG}
- Frosted Shredded Wheat^{WG}
- Honey and Oats w/Honey and Oat Clusters
- Honey and Oats w/Almonds
- Oatmeal Squares^{WG}
- Rice Squares^{GF}
- Toasted Oats
- Twin Grain Crisp^{GF}
- Wheat Squares^{WG}



Kroger

- Crisp Rice
- Corn Flakes
- Frosted Shredded Wheat Strawberry Cream^{WG}
- Living Well^{WG}
- Nutty Nuggets^{WG}
- Oat Squares^{WG}
- Rice Bitz
- Toasted Oats^{WG}



Best Choice

- Bran Flakes^{WG}
- Corn Crisps
- Corn Flakes
- Crisp Rice
- Crispy Corn & Rice
- Frosted Shredded Wheat Bite Size^{WG}
- Frosted Shredded Wheat Maple & Brown Sugar^{WG}
- Frosted Shredded Wheat Strawberry^{WG}
- Happy O's^{WG}
- Rice Crisps Squares^{GF}
- Wheat Crisps^{WG}
- Wheat Flakes^{WG}



Great Value

- Bran Flakes^{WG}
- Corn Flakes
- Frosted Shredded Wheat^{WG}
- Frosted Shredded Wheat Bite Size^{WG}
- Rice Crisps
- Rice Squares^{GF}
- Toasted Oats^{WG}



Essential Everyday

- Corn Flakes
- Crisp Rice
- Crispy Hexagons
- Crunchy Corn Squares^{GF}
- Crunchy Rice Squares^{GF}
- Crunchy Wheat Squares^{WG}
- Frosted Shredded Wheat Bite Size^{WG}
- Frosted Shredded Wheat Strawberry^{WG}
- Honey Oats & Flakes
- Nutty Nuggets^{WG}
- Toasted Oats^{WG}
- Wheat & Bran Flakes^{WG}



IGA

- Bran Flakes^{WG}
- Crispy Corn & Rice
- Crispy Rice
- Corn Flakes
- Corn Squares
- Frosted Shredded Wheat Bite Size^{WG}
- Honey Oats and Flakes
- Nutty Nuggets^{WG}
- Rice Squares
- Toasted Oats^{WG}



Ralston

- Corn Biscuits^{GF}
- Corn Flakes
- Crispy Hexagons^{GF}
- Frosted Shredded Wheat^{WG}
- Rice Biscuits^{GF}
- Tasteos^{WG}
- Wheat Bran Flakes^{WG}



BREAKFAST CEREAL

COLD CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

Store Brands



Shopper's Value
• Corn Flakes



Signature Select

- Bran Flakes^{WG}
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Frosted Shredded Wheat Bite Size^{WG}
- Nutty Nuggets^{WG}
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets
- Toasted Oats^{WG}



That's Smart
• Crisp Rice

RECIPE

Serves: 4

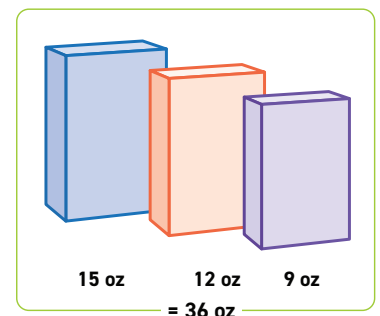
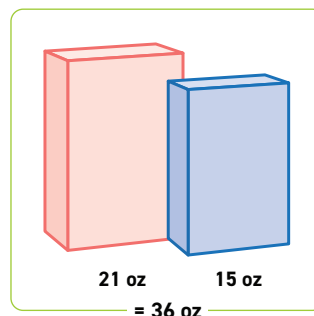
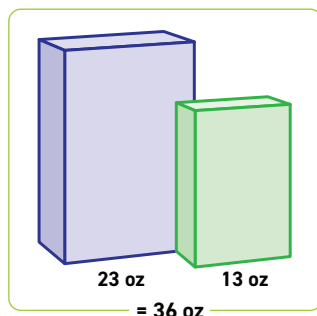
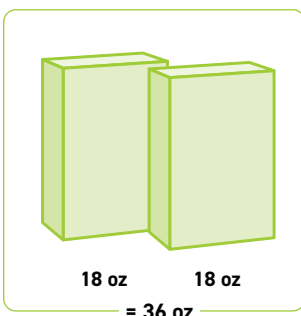
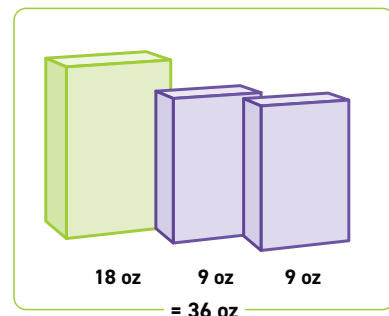
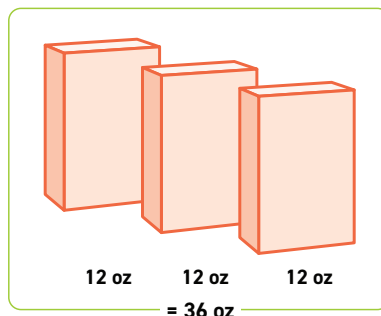
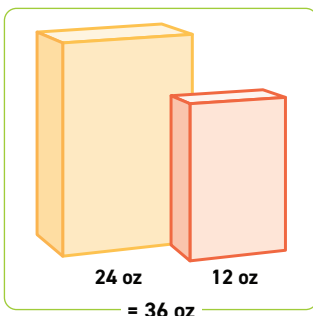
FRUIT PARFAIT

- 2 cups fruit, diced
- 1 cup cereal
- 2 cups yogurt

Place $\frac{1}{4}$ of the diced fruit at the bottom of each bowl.
Cover fruit with $\frac{1}{2}$ cup yogurt. Top with $\frac{1}{4}$ cup cereal.



Ways to Buy Up to 36 Ounces of Cereal



FRUITS & VEGETABLES

- ✓ Buy produce in season for the best price and flavor.
- ✓ Frozen Fruits & Vegetables are often less expensive than fresh fruits and vegetables when they are not in season.
- ✓ You are allowed to purchase organic, but typically organic costs more and you may not get as much for your money.
- ✓ If the cost of your fruits & vegetables is more than the dollar amount on your card, you may put something back or pay the difference with another form of payment (SNAP, cash, or debit/credit card).
- ✓ Please let a store manager know, before your WIC purchase is done, if you are not able to purchase fruits or vegetables with your WIC benefits. The item may not be set up correctly in the grocery store system.



If the store could not resolve this, provide the barcode and a description of the product to us as soon as possible by:

- Using the *I Couldn't Buy This* button in the WIC Shopper App; or
- Sharing pictures/product information with your local WIC clinic; or
- Emailing pictures/product information to wdh-wywicvendor@wyo.gov

FRESH OR FROZEN FRUITS & VEGETABLES

Buy:

- Any Brand
- Any Package Type or Size
- Any Variety Fresh/Frozen Fruits & Vegetables
- Cut or Whole
- Fruit & Vegetable Mixtures
- Garlic, Ginger, Onions, Wheatgrass
- Salad Mixtures **Without** Dressing/Croutons/Nuts/Seeds
- Organic



Don't Buy:

- Added Oils/Fats
- Added Sugar (including dextrose)/Artificial Sweeteners/Syrup
- Canned/Dried
- Decorative Fruits & Vegetables (Chili Peppers on a String, Garlic on a String, Edible Blossoms/Flowers, Gourds, or Painted Pumpkins)
- French Fries/Tater Tots
- Fruit or Vegetable Baskets
- Herbs/Spices (Basil, Cilantro, Dill, Lemongrass, Mint, Oregano, Parsley, Rosemary, Sage, Thyme, etc.)
- Ingredients Other Than Plain Fruits & Vegetables
- Packages with Butter/Cheese/Cream/Croutons/Dips/Dressing/Nuts/Sauces
- Salad Bar/Deli Items

100% JUICE

CHILD'S JUICE

Buy:

- Bottle/Carton/Plastic Jug
- Refrigerated
- Shelf Stable

Sizes:

- 64 ounce

Don't Buy:

- Added Sugar
- Artificial Sweeteners
- Cocktail Juices/Juice Drinks
- Organic
- Other Brands/Flavors
- Other Sizes



64 OUNCE - REFRIGERATED ORANGE JUICE

Includes with calcium, pulp, extra pulp, no pulp, etc.

Choose from the following brands:



Always Save



Essential Everyday



Food Club



Great Value



Hiland



Kroger



Land O Lakes



Our Family



64 OUNCE - SHELF STABLE JUICE

Choose from the following brands and flavors:



Always Save

Apple
Grape



Apple & Eve

Apple
Berry
Cranberry
Cranberry & More
Cranberry Apple
Cranberry Grape
Cranberry Pomegranate
Cranberry Raspberry
Punch
White Grape



Best Choice

Apple
Berry
Cherry
Grape
Grapefruit
Pineapple
Punch
Tomato
Vegetable



Campbell's

Tomato



Essential Everyday

Apple
Apple with Calcium
Cranberry
Grape
Grape Blend
Orange
Pineapple
Punch
Vegetable
White Grape
White Grapefruit



Food Club

Apple
Grape
Orange
Pineapple
Tomato
Vegetable
Vegetable-Spicy
White Grape



Freedom's Choice

Apple
Grape
Tomato



Great Value

Apple
Cranberry
Cranberry Grape
Cranberry Pomegranate
Grape
Orange
Pineapple
Tomato
Vegetable
Vegetable Low Sodium
White Grape
White Grape Peach



Hansen's Natural

Apple



IGA

Apple
Grape
Grapefruit
Pineapple
Vegetable
White Grape



Indian Summer
Apple



Juicy Juice
Apple
Apple Raspberry
Berry
Cherry
Fruit Punch
Grape
Kiwi Strawberry
Mango
Orange Tangerine
Peach Apple
Strawberry Banana
Strawberry Watermelon
Tropical
White Grape



Kroger
Apple
Apple Cider
Cranberry
Grape
Grapefruit
Pineapple
Vegetable
Vegetable-Spicy
White Grape
White Grape Peach



Langers
Apple
Apple Berry Cherry
Apple Cranberry
Apple Grape
Apple Harvest Plus
Apple Kiwi Strawberry
Apple Orange Pineapple
Apple Peach Mango
Berry Blend
Cranberry Plus
Cranberry Acai Plus
Cranberry Berry Plus
Cranberry Grape Plus
Cranberry Raspberry Plus
Fruit Punch
Grape Plus
Orange
Pineapple
Pineapple Orange
Red Grape
Ruby Red Grapefruit
Tomato
Vegetable-Spicy
Vegetable
White Grape



Mott's
Apple
Apple Cherry
Apple Cranberry
Apple Mango
Apple Pineapple
Apple Raspberry
Apple White Grape



Musselman's
Apple



Northland
Blueberry Blackberry Acai
Cranberry
Cranberry Blackberry
Cranberry Cherry
Cranberry Grape
Cranberry Mango
Cranberry Pomegranate
Cranberry Raspberry
Pomegranate Blueberry
Raspberry Blueberry



Ocean Spray
Cranberry
Cranberry Blackberry
Cranberry Cherry
Cranberry Elderberry
Cranberry Grape
Cranberry Mango
Cranberry Pineapple
Cranberry Pomegranate
Cranberry Raspberry
Cranberry Watermelon



Old Orchard
Apple
Apple Cranberry
Berry Blend
Black Cherry Cranberry
Blueberry Pomegranate
Grape
Kiwi Strawberry
Orange
Orange Tangerine
Peach Mango
Red Raspberry
Strawberry Watermelon
Tart Cherry
White Grape
Wild Cherry



Our Family

Apple
Apple Cider
Cranberry
Cranberry Grape
Cranberry Raspberry
Grape
Vegetable
White Grape



Ruby Kist

Apple
Grape
Grapefruit
Orange
Ruby Red Grapefruit
Vegetable
White Grape



Sam's Choice

Apple



Seneca

Apple



Signature Select

Apple
Apple with Calcium
Cranberry Blend
Cranberry Grape
Cranberry Raspberry
Grape
Grapefruit
Orange
Pineapple
Tomato
Vegetable
White Grape



That's Smart

Grape



Tree Top

Apple
Apple Berry
Apple Cranberry
Apple Grape
Orange Passionfruit
Pineapple Orange



V8

Vegetable
Vegetable-Spicy Hot



Welch's

Concord Grape
Grape
Grape with Calcium
Red Grape
White Grape
White Grape Cherry
White Grape Peach



RECIPE



FRUIT SMOOTHIE

- 1 fresh banana, peeled, and sliced
- 2 cups frozen berries
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup plain or vanilla yogurt
- $\frac{1}{2}$ cup orange juice

Combine all ingredients in a blender.
Blend until smooth.
Pour into cups to enjoy.

Serves: 3 to 4

WOMEN'S 100% JUICE

Buy:

Sizes:

- 11.5 to 12 ounce frozen & non-frozen concentrate
- 48 ounce shelf stable

Don't Buy:

- Added Sugar/Artificial Sweeteners
- Cocktail Juices/Juice Drinks
- Juices with **no** Vitamin C
- Organic
- Other Brands/Flavors
- Other Sizes

Note:

11.5 - 12 ounce juice concentrate must make 48 ounces when mixed with water per manufacturer's instructions.



48 OUNCE - SHELF STABLE JUICE

Choose from the following brands & flavors:



Apple & Eve
Apple
Cranberry
Cranberry Apple
Cranberry Raspberry



Food Club
Apple
Orange
Orange Pineapple
Pineapple



Freedom's Choice
Apple



Juicy Juice
Apple
Cherry
Fruit Punch
Grape
Kiwi Strawberry
Orange Tangerine



Mott's
Apple
Fruit Punch



Musselman's
Apple



Our Family
Pineapple



Ruby Kist
Apple
Grape
Orange
Pineapple
White Grape



FROZEN

11.5 to 12 Ounce (Makes 48 Ounces)



Always Save
Apple
Orange



Best Choice
Apple
Orange
Orange with Calcium



Dole
Pineapple



Essential Everyday
Apple
Grape
Orange
Orange with Calcium



Food Club
Apple
Grape
Orange
Orange with Calcium



Freedom's Choice
Apple
Orange
Orange with Calcium



Great Value
Apple
Grape
Orange
Orange with Calcium



IGA
Apple
Orange
Orange with Calcium



Kroger
Apple
Grape
Grapefruit
Orange
Orange with Calcium
Pineapple



Minute Maid
Orange
Orange with Calcium



Old Orchard

Apple
Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Peach Mango
Apple Raspberry
Apple Strawberry
Banana
Berry Blend
Blueberry Pomegranate

Cherry Pomegranate
Cranberry Blend
Cranberry Raspberry
Grape
Orange
Orange with Calcium
Pineapple
Pineapple Orange
White Grape



Our Family
Orange
Orange with Calcium



Seneca
Apple



Shur Saving
Orange



Signature Select
Apple
Orange
Orange with Calcium



Tropicana
Orange



INFANT PRODUCTS

(For infants 6 to 11 months)

INFANT CEREAL

Buy:

- Dry
- Regular/Organic

Sizes:

- 8 or 16 ounce containers

Don't Buy:

- Added Formula/Fruit/Yogurt/Vegetable
- Cereal in Cans/Jars
- Other Brands
- Other Grains
- Other Sizes
- Sensitive
- Single Serve Packets

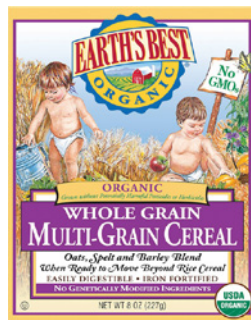


Choose from the following brands & flavors:



Beech-Nut

Corn
Multigrain
Oatmeal
Rice



Earth's Best

Multigrain
Oatmeal
Rice



Gerber

Multigrain
Oatmeal
Oatmeal Millet Quinoa
Rice
Whole Wheat



Parent's Choice

Oatmeal
Rice

INFANT FRUITS & VEGETABLES

Buy:

- Any Brand
- Any Single Ingredient Fruit or Vegetable (e.g. Carrots, Banana)
- Any Combination of Fruits and/or Vegetables (e.g. Apple-Banana, Sweet Potato-Apple)
- Stages: First, Second and Third Infant Foods
- Containers: Glass, Plastic, and Multipack
- Regular, Organics, and Natural Product Lines

Sizes:

- all sizes



Brands:



Beech-Nut



Beech-Nut Naturals



Beech-Nut Organics



Earth's Best Organic



Gerber



Gerber Natural



Gerber Organic



Happy Baby Organics



O Organics



Parent's Choice



Simple Truth Organic



Tippy Toes



Tippy Toes Organic



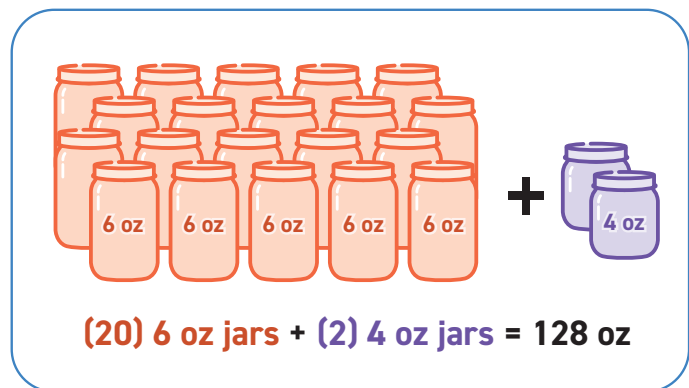
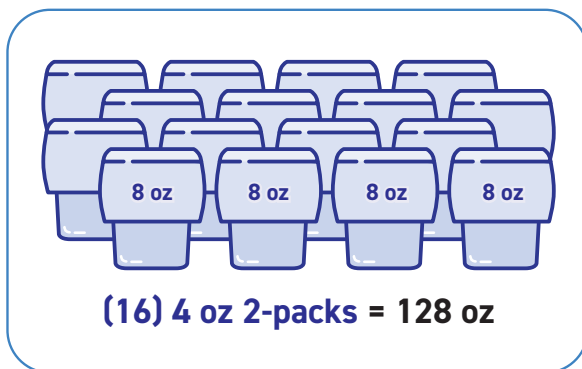
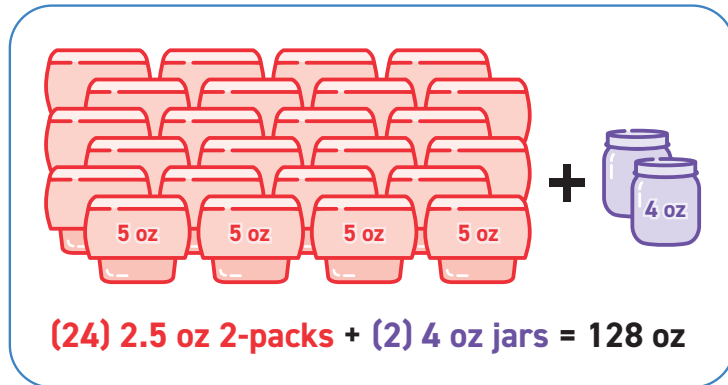
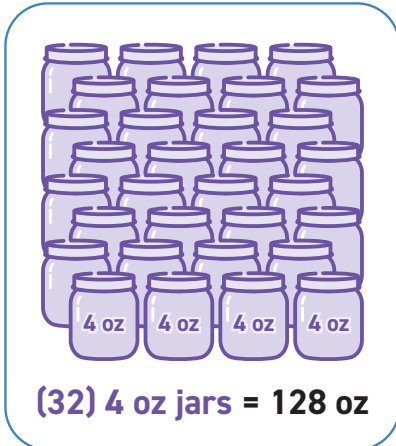
Wild Harvest Organic

Don't Buy:

- Added Cereal/Granola
- Added Cheese/Meat/Noodles/Pasta/Quinoa/Rice/Yogurt
- Added Salt/Spice/Sugar/Sweetener
- Cobblers/Custards/Desserts/Dinners
- When juice is used as a flavor
- Medleys
- Pouches

Ways to Buy 128 Ounces of Baby Food

Any combination is possible. Mix and match different sizes.



FORMULA

Buy:

Only the Brand, Type, and Size listed on your WIC Benefits

SUBSTITUTIONS ARE NOT ALLOWED. When any WIC food, including formula, is defective, spoiled or has exceeded its "sell by" or "best if used by" date, an authorized store may provide an exchange for an identical authorized WIC food.

Call your local WIC clinic if your baby needs a different formula.



EXCLUSIVELY BREASTFEEDING

Breastfeeding
has benefits
for both babies
and parents!



Fully breastfeeding moms, pregnant women with multiples,
and fully breastfed infants receive extra food benefits.

INFANT MEATS

Buy:

- Any Brand
- Regular/Organic
- Single Meat with Broth or Gravy

Sizes:

- 2.5 ounce jars

Don't Buy:

- Added Salt/Sugar
- Dinners/Food Combinations (e.g., Macaroni & Beef)
- Meat Sticks
- Added Noodles/Pasta/Quinoa/Rice



FISH

TUNA

Buy:

- Any Brand
- Light/Chunk Style/Water-Packed

Sizes:

- 3, 5 or 6 ounce cans
- 2.5, 5 or 6 ounce pouches

Don't Buy:

- Albacore/White/Yellow Fin/Other Specialty Tuna
- Flavored/Infusions/Seasoned
- Gourmet
- Lunch Kits
- Oil-Packed
- Organic
- Other Sizes
- Solid White



SALMON

Buy:

- Any Brand
- Pink/Water-Packed

Sizes:

- 3, 5 or 6 ounce cans
- 2.5, 5 or 6 ounce pouches

Don't Buy:

- Atlantic/Blueback/Coho/Red/Sockeye/Other Specialty Salmon
- Flavored/Seasoned
- Gourmet
- Oil-Packed
- Organic
- Other Sizes



Continued

BREASTFEEDING YOUR WAY

Know the facts to help you decide:

Formula has the basic ingredients for growing babies, but breastmilk has more than that! Breastmilk helps protect baby from allergies and reduces their chances of getting sick. Breastfeeding saves money, time and the environment! It's always ready and safe when your baby is hungry. Breastfeeding also reduces your own risk of chronic diseases, breast and ovarian cancers.

Learn more about breastfeeding to see if it's right for you:

Ask WIC staff how milk is made and how to be successful from the start. Attend a breastfeeding class. Connect with a WIC breastfeeding peer counselor. Talk to friends and family that have breastfed their babies.

Set a goal and a plan to reach it:

Each family is unique. WIC can help you meet your breastfeeding goals. Doctors recommend exclusively breastfeeding infants for 1 year or longer as mutually desired by mother and infant.* If you are returning to work or school, WIC can help you get the information and supplies you need to be successful with pumping.

*American Academy of Pediatrics



WIC FRAUD OR ABUSE

NEVER SELL, TRADE, OR GIVE AWAY WIC FOODS. THIS IS CONSIDERED FRAUD.



Help put a stop to WIC Fraud. Please report any WIC participant or grocery store you suspect of buying or selling WIC EBT cards or WIC foods. To contact us:



Call
1-888-996-9378



Email
wdh-wywicvendor@wyo.gov



Complete the *Fraud & Abuse Reporting Form* found on our website at:
health.wyo.gov/publichealth/wic/report-wic-fraud/