

JUICE

100% unsweetened juice, Calcium-fortified juices allowed.
No juice drinks, beverages, or cocktails.
No Fresh Squeezed Juice.
No Sports Drinks. No V-8 Splash. No cartons. No infant juice. No "ORGANIC" products are allowed.

46 oz container only.



Least expensive brand of these juices:

- Apple Juice
- Orange Juice
- Grapefruit Juice
- Tomato Juice
- Pineapple Juice
- 100% Vegetable Juice

Purple or White Grape Juice—
Seneca or Welch's only.



Nestlé's Juicy Juice—
All Flavors

Nestlé's Juicy Juice
Harvest Surprise—
All Flavors

Frozen Concentrate
12 oz only.

Dole Pineapple Orange
Dole Pine-Orange-Banana



Least expensive brand of these juices:
Orange Juice
Grapefruit Juice



Non-Frozen Pourable Concentrate
11.5 oz only.

Nestlé's Juicy Juice—All Flavors
Welch's—All Flavors
Welch's Blends — All Flavors

MILK

MUST BUY THE LEAST EXPENSIVE BRAND AVAILABLE OF THE TYPE OF MILK SELECTED.
Cow's milk only. Fat Free/Skim, low fat/light 1%, reduced fat 2%, or whole. **No soy, rice, or other grains. No high-calcium milk, flavored milk, buttermilk, or raw milk.**



Milk in gallon sizes only. Powdered milk Makes 3 quart or 5 quart. Evaporated Milk 12 oz can only

Lactose Free / Lactose Reduced / Acidophilus Milk—
Enjoy, Lactaid, Lactaid 100, Nurture, Nu Trish or Dairy Ease.
Gallon, half-gallon, or quart.
(If listed on voucher)



UHT-Ultra High Temperature Milk
8 oz or half-pint box.
(If listed on voucher)

Meyenberg Goat Milk
Evaporated 12 oz can
(If listed on voucher)



CHEESE

9 oz size or larger. Any Brand. Allowed types of

Slices

- American
- Swiss
- Cheddar



Block Cheese

- American
- Cheddar
- Colby
- Colby Jack
- Monterey Jack
- Mozzarella
- Swiss

String
Mozzarella 12 oz package only.



Regular, mild, sharp, and extra sharp are allowed.
Reduced fat and fat free are allowed.
No cheese product or cheese food. No spreads, shredded, snack, cubed, shaped, crumbles, strips or delicatessen. No cheese with added ingredients, imported, or waxed cheeses.

EGGS

1 Dozen Carton
Grade A Large Only
Least expensive Brand
No specialty or low cholesterol eggs. No brown eggs.
No "organic" products allowed.



BEANS/PEAS

Any brand.
Dried beans, dried peas, dried lentils
1 pound package only.
No flavored, seasoned, gourmet, or soup mixes. No "organic" products allowed.



14-16 oz. Canned beans/peas Any brand if listed on the voucher.

PEANUT BUTTER

16 to 18 oz jar only

Any Brand. Creamy, Crunchy, Extra Crunchy, Regular, Natural, Low-Salt, or Reduced Fat.
No added marshmallows, jelly, honey, or chocolate. No "organic" products allowed.



INFANT FOODS

Infant Cereal

Dry, 8 oz or 16 oz box
Beech Nut, Del Monte, or Gerber
Rice, Barley, Oatmeal, or Mixed.
No added fruit or fruit flavor. No jars or cans. No added infant formula.
No "organic" products allowed.



Infant Formula

Buy ONLY brands and quantities listed on the front of the WIC voucher.
No substitutions.
No low iron formula.

Breastfeeding is the Best for you and your baby!

CARROTS and TUNA

(For woman who breastfeed and receive no infant formula from WIC.)

Carrots

1 pound pre-sealed plastic bag
Any brand (whole)
No combinations, glazes, sauces, shredded, grated, julienne, or snack packs. No "organic" products allowed.



Canned Carrots

14-16 oz can
Any brand, sliced, medium cut



Tuna

5 to 6 oz can
Any brand
Water packed
No tuna packed in oil.
No tuna packed in pouches.
No "organic" products allowed.



For breast-feeding information or more information about WIC, call 1-800-228-9173.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-6382 or (800) 795-3272 (TTY). USDA is an equal opportunity provider and employer.

GEORGIA WIC PROGRAM



WIC
APPROVED
FOODS LIST
Effective October 1, 2006

WIC WORKS WONDERS



CEREAL

9 oz box or larger. Not to exceed maximum amount listed on the voucher. Can mix and match sizes, types, and brands. Allowed Cereals are shown here.



Cheerios—Regular or Multigrain only.
Rice Krispies Regular only.
Kix—Regular only.



Chex—Corn, Multigrain, Rice, or Wheat only.



Mini-Wheats—Frosted Original (Big Bite) or Frosted Bite-Size Only. No Flavors.
Honey Bunches of Oats—Honey Roasted or With Almonds only.



Wheaties Regular Only.
Grape Nuts—Regular or Flakes only.
Banana Nut Crunch—Regular only.



Corn Flakes—Regular Only.
Country Corn Flakes—Regular only.
Special K—Regular only.
Product 19—Regular Only.



Crispix—Regular only.
Complete—All Bran only.
Total—Whole Grain only.
Life—Regular only.



Malt-O-Meal—Frosted Mini Spooners, Original, Scooters, or Crispy Rice only.



Quaker Oat Bran—Regular only.
Quaker Oatmeal Squares—Regular only.
Quaker Crunchy Corn Bran—Regular only.
Quaker Essentials Oatmeal Squares—Cinnamon.

Single serve packs are approved for Grits and Oatmeal ONLY



Quaker Instant Oatmeal—Regular
Quaker Instant Grits—Regular only.
Jim Dandy Quick Grits—Regular



Cream of Wheat—Instant, 1 Minute, 2 1/2 Minute, or 10 Minute only. No Flavors.

STORE BRAND CEREALS

Store brand cereals in the following types.

- Bran Flakes
- Corn Flakes
- Multi-Grain Flakes
- Corn Puffs
- Puffed Rice
- Instant Grits (Original Flavor)
- Instant Oatmeal (Regular Flavor)
- Frosted Shredded Mini Wheat
- Whole Wheat Os



WIC TIPS

- FIRST DAY TO USE.** The WIC voucher can not be used before this date.
 - LAST DAY TO USE.** The WIC voucher can not be used after this date.
 - AMOUNTS AND TYPES OF FOODS TO BE PURCHASED.** The WIC customer may not substitute any other food or formula for the items listed on the front of the voucher.
 - PAY EXACTLY.** The cashier writes in the exact price for the WIC foods, prior to the WIC participant signing the voucher.
 - NAME OF THE WIC PARTICIPANT.** The person for whom the WIC foods are prescribed. In many cases, this will be a different name than the person authorized to sign the WIC voucher.
 - WIC VENDOR STAMP HERE.** The WIC vendor must place the vendor stamp here before the check is deposited. The bank will not pay for a WIC voucher without the stamped vendor number.
- Tell the cashier right away that you are using WIC vouchers.
 - Separate WIC foods from the other foods you are buying. This should be completed before you reach the cashier.
 - Do not return any WIC foods for cash, credit, exchange, or “rain check.”
 - Talk to the store manager if you have a complaint about a store or store clerk. Report the date, time, and names of store personnel involved. Call the State WIC Office if you’re still not satisfied.
 - If a grocery store doesn’t have all the foods listed on your voucher. You can go to another WIC-approved store, or keep your voucher and go back to the store on another day.
 - While shopping at your favorite grocery store, stay in the outer aisles in order to avoid buying unnecessary items. In the outer aisles, you will find: Fruits & Vegetables, Dairy Products (milk, cheese, eggs), and Juices.
 - Adding peanut butter to snack time is a great way to incorporate more protein into you and your child’s food intake. *Example: spread peanut butter on apple slices, and celery sticks.*

“WIC Customers can only buy foods and amounts listed on the front of the voucher”

DIST/UNIT/CLINIC		WIC ID NO.		C	P	PARTICIPANT		VOUCHER NO.	ISSUED BY	
09	1	051	012	345	678	9	1	Jane, Doe	17686444	JDB
SOUTHERN NATIONAL 64-1968-611								NOT NEGOTIABLE WITHOUT WIC VENDOR STAMP HERE FIRST DAY TO USE 04/25/2007 LAST DAY TO USE 05/24/2007 VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE		
GEORGIA WIC PROGRAM DEPARTMENT OF HUMAN RESOURCES PAY TO THE ORDER OF ANY AUTHORIZED GEORGIA WIC VENDOR FOR THESE ITEMS/QUANTITIES ONLY - WIC APPROVED FOODS ONLY - NO SUBSTITUTIONS								PAY EXACTLY DOLLARS CENTS		
FPC 404 MILK: 1 GAL OR 4-12 OZ CNS EVAP OR 1-5 QT BOX EGGS: 1 DOZEN JUICE: 2-12 OZ CANS FROZEN OR 2-46 OZ CANS OR 2-46 OZ PLASTIC BOTTLES OR 2-11.5 OZ CANS POURABLE								PARTICIPANT/GUARDIAN/PROXY SIGNATURE rev. 9-2008		

“WIC Vouchers cannot be replaced if lost or stolen”