WIC APPROVED
FOOD LIST
FOR VENDORS
EFFECTIVE OCTOBER 1, 2019

The information in this list is subject to change.
For a complete list of WIC approved foods, visit the Kansas WIC website:
www.kansaswic.org.

INFANT FORMULA
Brand, type, and size as listed on the mid-receipt. No substitutions.

BABY FOOD

FRUITS & VEGETABLES
4 oz containers and multi-packs of two 4 oz containers to total 8 oz
Includes single or mixed fruits and/or vegetables.

MEATS
2.5 oz containers
Includes single meats with broth or gravy.
Brands include: Beech-Nut, Gerber, Kroger, and Tippy Toes
NOT APPROVED: desserts, dinners, cobblers, delights, organic, foods with added sugar, starch, salt, or DHA/ARA

INFANT CEREAL
8 or 16 oz containers
Includes barley, oatmeal, rice, whole wheat and mixed.
Brands include: Beech-Nut and Gerber
NOT APPROVED: cereal with added fruit, formula, DHA/ARA or organic

YOGURT
32 oz containers

WHOLE MILK YOGURT
- Dannon - Plain, Strawberry and Vanilla
- Kroger - Plain and Vanilla
- Mountain High - Plain, Strawberry and Vanilla

LOWFAT & NONFAT YOGURT
- Best Choice - Plain, Strawberry and Vanilla
- Coburn Farms - Plain and Vanilla
- Dannon - Plain, Strawberry and Vanilla
- Dannon Light & Fit - Strawberry and Vanilla
- Great Value - Peach, Plain, Strawberry, Strawberry Banana and Vanilla
- Hiland - Peach, Plain, Strawberry and Vanilla
- Hy-Vee - Blueberry, Peach, Plain, Strawberry, Strawberry Banana and Vanilla
- Kroger - Plain, Strawberry and Vanilla
- LALA - Mango, Mixed Berry, Peach, Pina Colada, Plain, Strawberry, Strawberry Banana and Vanilla
- Market Pantry - Plain and Vanilla
- Mountain High - Plain and Vanilla
- Our Family - Blueberry, Peach, Plain, Strawberry and Vanilla
- ShurFine - Plain
- Yoplait - Blueberry, Harvest Peach, Plain, Strawberry, Strawberry Banana and Vanilla

NOT APPROVED: any other size, container, type, flavor or brand

SOY BEVERAGE
Half gallon (64 oz) or quart (32 oz)
Brands/flavors include:
- 8th Continent - original and vanilla
- Great Value - original
- Silk - original and aseptic original
- WestSoy - organic plus plain and organic plus vanilla

NOT APPROVED: any other size, container, type, flavor or brand

TOFU
16 oz containers
- Azumaya - Firm
- House - Medium Firm, Firm and Extra Firm
- Nasoya - Silken

NOT APPROVED: any other size, container, type, flavor or brand

EGGS
DOZEN LARGE GRADE A OR AA WHITE EGGS

NOT APPROVED: brown, free-range, cage-free, specialty eggs, or organic

PEANUT BUTTER
16 - 18 oz jars
- Any brand
- Creamy, Crunchy or Natural

NOT APPROVED: peanut butter spreads, reduced fat peanut butter, peanut butter with added flavors, fortified peanut butter, or organic

FISH
3 - 15 oz containers
- Any brand packed in water or oil
- Light Tuna, Chunk
- Pink Salmon

NOT APPROVED: albacore tuna, tuna spreads, smoked salmon or any other type of salmon, lunch packs, or fish with added flavoring

FRUITS & VEGETABLES
Fresh Fruits & Vegetables only
- Any variety of fresh fruits and vegetables
- Bagged salad mixes
- Bagged fruits or vegetables
- Cut fruits or vegetables

NOT APPROVED: canned, frozen, items from the salad bar, kits with sauces and/or dressings, party trays, fruit baskets, decorative fruits or vegetables, nuts, leafy herbs or spices (e.g. basil, cilantro, parsley, etc.)
### Dried Beans / Peas

1 lb (16 oz) or 2 lb (32 oz) bag

Any brand
- Dried Beans
- Peas
- Lentils

**NOT APPROVED:** soup mixes

### Canned Beans

15 - 16 oz can

Any brand
- Black or Red Beans
- Black-Eyed, Crowder or Purple Hull Peas
- Fat-Free Refried Beans
- Garbanzo Beans (Chick Peas)
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima or Butter Beans
- Navy Beans
- Pinto Beans
- Split Peas

**NOT APPROVED:** green beans, baked beans, flavored beans, pork and beans or chili beans, soups, beans containing added sugars, fats, meats or oils

### Juice

**100% Fruit Juice Only**

Only the container size as listed on the mid-receipt

#### Orange Juice

Any brand
- Concentrate (frozen or non-frozen) 11.5-12 oz
- 64 oz shelf stable and refrigerated
- With or Without Calcium

**NOT APPROVED:**
- green beans, baked beans, flavored beans, pork and beans or chili beans, soups, beans containing added sugars, fats, meats or oils

### Frozen Concentrate

11.5 - 12 oz only

- Any flavor with a green lid (100% Juice)

### Non-Frozen Concentrate

11.5 - 12 oz only

- Any flavor with a yellow band (100% Juice)

### Shelf Stable

64 oz only

- Apple Juice
- Apple Juice - Natural Style
- Cranberry Apple
- Cranberry Grape
- Cranberry Juice & More
- Cranberry - Naturally
- Cranberry Pomegranate
- Cranberry Raspberry

- Blueberry Acai
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Mango
- Cranberry Pomegranate
- Cranberry Raspberry
- Pomegranate Blueberry
- Raspberry Blueberry

**NOT APPROVED:**
- juice that has added sugar or DHA, infant juice, organic, refrigerated (except orange), juice cocktails, drinks or ades
**COLD CEREAL**

11 – 36 oz

*Rich in whole grains*

**Best Choice**
- Corn Crisps
- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat
- Honey Oat Clusters
- Honey Oat Clusters w/Almonds
- Maple Brown Sugar Frosted Shredded Wheat
- Rice Crisps
- Strawberry Frosted Shredded Wheat
- Toasted Oats
- Wheat Bran Flakes
- Wheat Crisps
- Wheat Flakes

**Great Value**
- Bran Flakes
- Corn Flakes
- Corn Squares
- Crunchy Honey Oats
- Crunchy Nuggets
- Frosted Shredded Wheat Bitesize
- Multi Grain O's
- O's
- Oat Crunch
- Rice Crispers
- Rice Squares
- Wheat Bites
- Wheat Flakes

**Kellogg's**
- All-Bran Complete Wheat Bran Flakes
- Corn Flakes
- Crispix
- Frosted Mini-Wheats Little Bites
- Frosted Mini-Wheats Original
- Frosted Mini-Wheats Touch of Fruit Raspberry
- Rice Krispies
- Special K Original
- Special K Protein Honey Almond Ancient Grains
- Special K Protein Original Multi Grain Touch of Cinnamon

**Not Approved:** any cereal or brand not listed, or organic cereal

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**HOT CEREAL**

11 – 36 oz

*Rich in whole grains*

**Best Choice**
- Creamy Farina
- Instant Regular Oatmeal

**Co Co Wheats**
- Cream of Rice
- Cream of Rice Instant

**Cream Rice**
- Cream of Wheat – 1 Minute
- Cream of Wheat – 2 ½ Minute
- Cream of Wheat Instant
- Whole Grain Cream of Wheat
- Whole Grain Cream of Wheat Instant

**Malt O'Meal**
- Chocolate Hot Wheat Cereal
- Original Hot Wheat Cereal

**Maple Oatmeal**
- Maple Oatmeal
- Vermont Style Maple Oatmeal

**Our Family**
- Instant Oatmeal Regular Flavor
- Instant Grits Original
- Instant Oatmeal Original

**Quaker**
- Instant Oatmeal Original Flavor

**Simple Granola**

**NOT APPROVED:** any cereal or brand not listed, or organic cereal
WHOLE GRAINS

WHOLE WHEAT OR WHOLE GRAIN PASTA
16 oz only
- Barilla
- Full Circle
- Hodgson Mill
- Kroger
- Our Family
- Racconto
- Ronzoni Healthy Harvest
- ShurFine
- Simple Truth

NOT APPROVED: any other brand or products that have added sugars, fats, oils or salt

100% WHOLE WHEAT BREAD, ROLLS, THINS AND BUNS
12, 16, 20 or 24 oz packages
Any brand
Product labels for breads/rolls/buns must include the words 100% Whole Wheat. Whole wheat flour must be the first ingredient listed.

WHOLE CORN (YELLOW OR WHITE)
OR WHOLE WHEAT TORTILLAS
8, 12, 16, 20, 24, or 32 oz packages
- Best Choice
- ChiChi’s
- Don Pancho
- Guerrero
- Hy-Vee
- Kroger
- La Banderita
- La Burrita
- Mama Lupe’s
- Market Pantry
- Mi Casa
- Mission
- Ortega
- Our Family
- Santa Fe
- ShurFine
- Tio Santi

NOT APPROVED: any other brand or size

BROWN RICE
Any brand
16 or 32 oz containers
- Regular
- Quick

NOT APPROVED: products with added sugar, salt, flavoring, fat or oil

14 oz containers
- Instant

NOT APPROVED: any other brand or size

HELPFUL REMINDERS
- Give all WIC customers the same service and courtesy as non-WIC customers.
- Only one eWIC card can be used per transaction.
- The WIC customer does not need to present an ID. If the customer has an eWIC card and the correct PIN, they are able to purchase WIC foods using the eWIC card.
- Never ask for or enter the WIC customer’s confidential PIN.
- Give the WIC customer plenty of time to enter their PIN.
- The WIC customer will have a maximum of 3 attempts to enter the correct PIN. On the third attempt, the eWIC card will be locked resulting in a transaction error. If this occurs, direct the customer to contact their Local WIC Agency.
- Scan or enter the UPC barcode that is affixed to the actual product being purchased. Do not use UPC barcodes from a sheet, cell phone or another product.
- The eWIC card must be the first card to be swiped at the register, before any other forms of payment (SNAP, credit/debit, etc.).
- Give the WIC customer all of their receipts.
- The WIC Shopper app is a helpful tool. Food items can be scanned with the app to see what is WIC approved.

WIC TRANSACTION ISSUES
If the WIC customer experiences any issues with their eWIC card, refer the customer to their Local WIC Agency for assistance.
If the WIC customer feels something should be WIC approved, but the item is not scanning as approved, one of the following could be occurring:
- The item is not part of the customer’s current available benefits.
  - The item is WIC approved but not an eligible item for the customer.
  - The customer already used the benefit.
- The item is not WIC approved.
- The item should be WIC approved, but is not listed in the approved product list (APL).
If a product needs to be added to the APL, contact your manager or store supervisor. They will then provide the product information to the State WIC Agency.
The register system will not allow a product “override” for WIC.