

# Missouri WIC

Special Supplemental Nutrition Program  
for Women, Infants and Children

## Approved Food List



Effective January 1, 2017

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## Important:

- Participants can purchase only food items as printed on the WIC check.
- Some products in this booklet may not be available at all WIC authorized stores.



# Frequently Asked Questions

**Q.** May I use my WIC checks in another state?

**A.** No, Missouri WIC checks can only be used in Missouri.

**Q.** What happens if my checks are lost, stolen or damaged?

**A.** Notify your local WIC office.

**Q.** Do I get change back if I don't use the full amount of my WIC check?

**A.** No, the stores are not allowed to give you change back for unspent money on your WIC check.

**Q.** Can I change the foods listed on my check?

**A.** No, only your WIC office can change your food package. If you have concerns or special needs, be sure to talk to your WIC nutritionist before your checks are printed. They may be able to adjust your food package. Do not write on your checks or alter them yourself.

**Q.** Who do I need to contact if I have questions about WIC foods?

**A.** You need to contact your local WIC office.

**Q.** Do I need to purchase everything listed on my WIC check?

**A.** No, you are not required to pick up everything listed on your check.

## How to Make a WIC Purchase

### **Take to the Store:**

1. WIC identification (ID) folder and WIC approved food list. Use the WIC approved food list as you shop.
2. WIC checks. They must be used between *First Date To Use* and *Last Date To Use* as printed on each check.

### **While Shopping:**

1. Buy the quantity and type listed on the WIC check and refer to the WIC approved food list for a complete listing of WIC eligible foods.
2. Separate your WIC foods from other foods in your cart.

### **At the Register:**

1. Tell the cashier you are making a WIC purchase.
2. Separate WIC food items from other food items.
3. Give the WIC check to the cashier before items are scanned.
4. Separate the foods for each WIC check being purchased. Each WIC check must be redeemed separately.
5. Show the WIC ID folder to the cashier for signature verification. The cashier may request other identification.
6. The cashier will write the purchase date and the total sale amount on the WIC check. Then the cashier will ask you to sign the check.
7. The cashier verifies the signature on the WIC check with the authorized signatures on the WIC ID folder.

# Milk, Goat Milk

## Milk

- Any brand (Store brands are recommended)
- Container size and type as printed on WIC check
- Low fat/fat free (skim, ½%, 1%)
- Whole milk and 2%



## Non-Fat Dry Milk

- Store brand only
- 8 quart box only



## Lactose Free Milk (where available)

- Any brand
- Low fat/fat free (skim, 1%)
- Whole milk and 2%
- Half gallon container only
- Plain/unflavored only
- Calcium enriched/fortified lactose free is allowed

## Evaporated Milk

- Store brand only
- Fat free (skim)
- Whole milk
- 12 oz can only



## Cultured Buttermilk

- Any brand
- Quart size only

## Goat Milk (where available)

- Meyenberg brand only
- Evaporated (12 oz can) (whole)
- Non-fat powdered (12 oz can)



## Not Allowed:

- Almond milk
- Cashew milk
- Coconut milk
- Extra skim milk
- Filled milk
- Flavored milk
- Glass bottles
- Milk substitutes
- Organic milk
- Rice milk
- Sweetened condensed milk
- Vitamite

# Soy milk, Cheese

## Soy milk

### Allowed:

- Half gallon container only
- 8th Continent, only vanilla and original plain
- Great Value, only original



Vanilla



Original Plain



Original

### Not Allowed:

- Artificial sweeteners
- Chocolate or strawberry flavors
- Light
- Organic

## Domestic Cheese

### Allowed:

- Store brand only
- 8 or 16 oz block only
- Low fat/fat free cheese
- Sliced American cheese, not wrapped individually
- Domestic cheese only:
  - American cheese/processed American
  - Brick
  - Cheddar (extra sharp, medium, mild, natural, sharp, white)
  - Colby/Colby Jack/Monterey Jack
  - Mozzarella (part skim or whole)
  - Muenster
  - Provolone
  - Swiss
- Marbled/blends of approved cheese varieties are authorized



### Not Allowed:

- Added flavors (peppers, wine, smoke flavoring, etc.)
- Cheese additives
- Cheese food products, spreads
- Crumbled, cubed, grated, shredded, string
- Cholesterol-reduced
- Deli cheese or deli slices
- Imported cheese
- Individually wrapped slices
- Organic
- Queso blanco/Queso fresco
- Sliced cheese except for store brand American cheese

# Yogurt

## Yogurt

• 32 oz container only



**Coburn/Save-A-Lot**  
Lowfat  
Plain  
Vanilla



**Dannon**  
Lowfat  
Plain  
Vanilla  
Nonfat  
Plain



**Dannon Light & Fit**  
Nonfat  
Strawberry\*  
Vanilla\*



**Essential Everyday**  
Lowfat  
Peach  
Plain  
Raspberry  
Strawberry  
Strawberry Banana  
Vanilla  
Fat Free  
Plain



**Great Value**  
Lowfat  
Peach  
Strawberry  
Strawberry Banana  
Vanilla  
Nonfat  
Light Strawberry Banana\*  
Light Vanilla\*  
Plain



**HyVee**  
Lowfat  
Peach  
Strawberry  
Strawberry Banana  
Vanilla  
Nonfat  
Plain\*  
Vanilla\*



**Kroger**  
Lowfat  
Grade A Plain  
Grade A Vanilla  
Nonfat  
Grade A Lite Strawberry\*  
Grade A Plain



**Schnucks**  
Lowfat  
Plain  
Strawberry  
Vanilla  
Nonfat  
Plain



**ShurFine**  
Lowfat  
Strawberry  
Vanilla  
Fat Free  
Plain\*



**Yoplait**  
Lowfat  
Harvest Peach  
Strawberry  
Strawberry Banana  
Vanilla  
Nonfat  
Plain



### Not Allowed:

- Added mixed-in ingredients
- Greek yogurts
- Organic yogurts

\*contains artificial sweeteners

Yogurt comes from milk so it contains protein and other nutrients. Use it for dips or add fruit for a healthy snack.

Yogurt

Yogurt

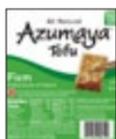
# Tofu, Eggs, Peanut Butter, Beans

## Tofu

### Allowed:

#### Azumaya Brand:

- Firm Tofu (16 oz)



#### NaSoya Brand:

- Silken Tofu Organic (16 oz)

## Eggs

### Allowed:

- Any brand
- 1 dozen package only
- Large, white, grade A or AA only



### Not Allowed:

- Brown eggs
- Cage free eggs
- Eggs with enriched levels of omega 3 fatty acids, vitamins or minerals
- Fertile eggs
- Low cholesterol eggs
- Organic eggs
- Other specialty eggs

## Peanut Butter

### Allowed:

- Store brand only
- 16-18 oz jar only
- Creamy, crunchy, regular or smooth



### Not Allowed:

- Low fat peanut butter
- Mixtures with chocolate, honey, jams, jellies, marshmallows, etc.
- Natural peanut butter
- Organic peanut butter

## Canned Beans

### Allowed:

- Bush's Best brand only: butter beans, fat free refried beans, garbanzo beans, kidney beans, navy beans, pinto beans or red beans
- 16 oz can only
- Low/Reduced sodium



### Not Allowed:

- Baked beans
- Mixed beans
- Organic
- Seasoned Recipe beans

## Dry Beans, Peas & Lentils

### Allowed:

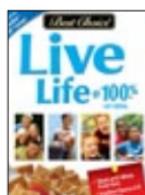
- Store brand only
- 16 oz package only
- Any variety of plain, mature dry beans, peas or lentils

### Not Allowed:

- Additives such as ham
- Organic products
- Seasonings or flavors

# Cold Cereals

## Always Save (box/bag)



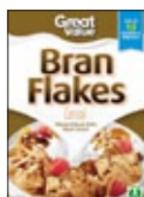
## Dierbergs



## Essential Everyday



## Great Value



Cold Cereals (only 12 oz to 36 oz size)

Cold Cereals (only 12 oz to 36 oz size)

# Cold Cereals

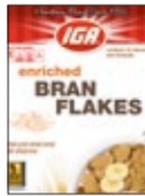
## Great Value



## HyVee



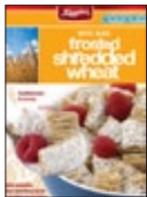
## IGA



## Kiggins/Save A Lot



## Kroger



Cold Cereals (only 12 oz to 36 oz size)

Cold Cereals (only 12 oz to 36 oz size)

# Cold Cereals

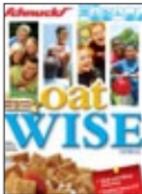
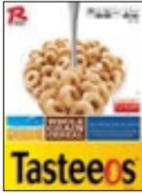
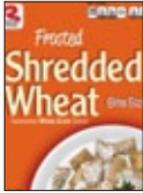
## Kroger



## Ralston (box/bag)



## Schnucks



## Shurfine



## Whole Grain Cereal



## Valu Time (box/bag)



Cold Cereals (only 12 oz to 36 oz size)

Cold Cereals (only 12 oz to 36 oz size)

# Hot Cereals



## Instant Oatmeal

11.8 - 12 oz Only (12 packets/box)

♥ Whole Grain

Hot Cereals



## Hot Wheat Cereal

Cream of Rice (gluten free)



14 oz

## Hot Rice Cereal



12 oz

## Grits

Hot Cereals

## Missouri WIC Approved Cereals and Sizes

- Approved Sizes: 11.8/12 oz to 36 oz sizes in boxes/bags of approved brands and varieties
- Mix and match types and sizes, up to the total ounces listed on the check
- Buy only approved brands and sizes, including cold and/or hot cereals

# Bread

## Whole Wheat/Whole Grain

16 oz Only



**Best Choice**  
100% Whole  
Wheat



**Bunny**  
100% Whole  
Wheat



**Dillons**  
100% Whole Wheat  
Roundtop



**Essential  
Everyday**  
100% Whole Wheat



**Healthy Life**  
100% Whole  
Grain Wheat  
Sugar Free



**Healthy Life**  
100% Whole Wheat  
Whole Grain



**HyVee**  
100% Whole  
Wheat



**Kroger**  
100% Whole  
Wheat



**Nature's Own**  
100% Whole Grain  
Sugar Free



**Ozark Hearth**  
100% Whole  
Wheat



**Price Chopper**  
100% Whole  
Wheat



**Sara Lee**  
100% Whole  
Wheat



**Schnucks**  
100% Whole  
Wheat



**Wonder**  
100% Whole  
Wheat



WIC approved breads are made with 100% whole grain wheat. They are also an excellent source of dietary fiber, vitamins and minerals.

Bread

Bread

# Tortillas

## Whole Wheat/Whole Grain

16 oz Only



**Best Choice**  
100% Whole  
Wheat



**Chi-Chi's**  
Whole Wheat



**Don Pancho**  
Whole Wheat



**HyVee**  
Whole Wheat



**IGA**  
Whole Wheat



**Kroger**  
Whole Wheat



**La Banderita**  
Whole Wheat  
Fajita Style



**Mission**  
Whole Wheat



**Ortega**  
Whole Wheat



**Schnucks**  
Whole Wheat



**Shurfine**  
Whole Wheat  
Fajita Style



## Soft Corn

16 oz Only



**Best Choice**  
Corn



**Don Pancho**  
White Corn



**HyVee**  
White Corn



**La Banderita**  
White Corn



**La Burrita**  
Yellow Corn



**Mission**  
Yellow Corn



**Shurfine**  
Corn

Soft corn tortillas are a good source of fiber, B vitamins and folic acid. Enjoy soft corn tortillas for enchiladas, fajitas or tacos.

# 100% Whole Wheat Pasta

## Whole Wheat Pasta

16 oz Only



### Barilla

Angel Hair	Penne
Elbows	Rotini
Linguine	Spaghetti
Medium Shells	Thin Spaghetti



### Kroger

Penne Rigate	Spaghetti
Rotini	Thin Spaghetti



### Essential Everyday

Elbows	Spaghetti
Penne	Thin Spaghetti
Rotini	



### Racconto

Capellini	Rigatoni
Elbows	Rotini
Farfalle	Spaghetti
Linguine	Thin Spaghetti
Penne Rigate	



### Gia Russa

Angel Hair	Roman Rigatoni
Linguine	Rotini
Medium Shells	Spaghetti
Penne Rigate	Thin Spaghetti



### Ronzoni Healthy Harvest

Linguine	Spaghetti
Penne Rigate	Thin Spaghetti
Rotini	



### Great Value

Spaghetti



### Shurfine

Penne Rigate  
Spaghetti



### Hodgson Mill

Angel Hair	Spirals
Elbow Macaroni	Thin Spaghetti
Spaghetti	

### Not Allowed:

- Added sugars, fats, oils or salt
- Organic

100% Whole Wheat Pasta

100% Whole Wheat Pasta

## Brown Rice

### Allowed:

- Store brand only
- 16 oz package only
- Whole unprocessed grain

### Not Allowed:

- Instant rice
- Organic products



## WIC Nutrition Tips

### Go Whole Grains



- Whole grains are cereal grains that have not been processed. They help you get the fiber you need.
- Eating whole grain foods may reduce the risk of heart disease and some cancers.

### Energize With Fruits and Vegetables



- Most fruits are naturally low in fat, sodium and calories.
- The folate in fruits and vegetables is important before and during pregnancy.
- Fruits and vegetables help the body fight disease and stay a healthy weight.

### Power Up With Protein



- Protein can be found in both plant and animal sources. Protein-rich foods like fish, eggs, beans and peanut butter help build strong muscles.
- The unsaturated fats found in nuts, seeds and fish can help lower the risk of heart disease.

### Build Bones of Steel



- Bones need calcium and vitamin D every day to grow and stay strong.
- Low fat and fat free milk and cheese help build strong bones and teeth.

Source: National WIC Association 2014 & 2015 WIC calendar

# 100% Juice - For Women

## Juice For Women Only

11.5 - 12 oz Only, Frozen Concentrate



**Always Save**  
Apple  
Orange



**Best Choice**  
Apple  
Orange



**Clear Value**  
Orange



**Crisp**  
Orange



**Essential Everyday**  
Apple  
Grape  
Orange



**Great Value**  
Apple  
Grape  
Orange



**Hy Top**  
Apple  
Grape  
Orange



**HyVee**  
Apple  
Orange



**IGA**  
Apple  
Orange



**Kroger**  
Apple  
Grape  
Orange  
Pineapple



**Old Orchard**  
Apple Cherry  
Apple Cranberry  
Apple  
Apple Kiwi Strawberry  
Apple Passion Mango  
Apple Raspberry  
Apple Strawberry  
Banana  
Berry Blend  
Blueberry Pomegranate  
Cherry Pomegranate  
Cranberry Blend  
Cranberry Pomegranate  
Cranberry Raspberry  
Grape  
Orange  
Pineapple  
Pineapple Orange  
Pineapple Orange  
Banana  
White Grape



**Shurfine**  
Apple  
Orange



**Tipton Grove**  
Apple  
Orange



**Valu Time**  
Orange



### Orange Juice Allowed:

- Any frozen orange juices in the approved brands
- Orange juice with pulp, without pulp, country style, fortified with calcium and/or vitamin D, etc.

100% Juice - For Women

100% Juice - For Women

# 100% Juice - For Children

## Juice for Children Only

64 oz Only, Plastic Bottle or Container



**Always Save**  
Apple  
Grape



**Best Choice**  
Apple  
Grape  
Pineapple  
Tomato  
Vegetable  
White Grape



**Diane's Garden**  
Vegetable



**Dierbergs**  
Apple



**Essential Everyday**  
Apple  
Berry Blend  
Cherry Blend  
Cranberry  
Raspberry Blend  
Grape/Grape Blend  
Pineapple  
Tomato  
Tomato LS   
Vegetable  
Vegetable LS   
White Grape



**Great Value**  
Apple  
Grape  
Tomato  
Vegetable  
White Grape



**Hy Top**  
Apple  
Grape  
Pineapple  
Tomato  
Vegetable  
White Grape



**HyVee**  
Apple  
Grape  
Pineapple  
Tomato  
Vegetable  
White Grape



**IGA**  
Apple  
Grape  
Tomato  
Vegetable  
White Grape



**Kroger**  
Apple  
Grape  
Pineapple  
Vegetable  
Vegetable LS   
White Grape



**Langers**  
Apple  
Apple Berry  
Cherry  
Apple Cranberry  
Apple Grape  
Apple Kiwi  
Strawberry  
Apple Orange  
Pineapple  
Apple Peach  
Mango  
Pineapple



**Old Orchard**  
Acai  
Pomegranate  
Apple  
Apple Cranberry  
Berry Blend  
Black Cherry Cranberry  
Blueberry Pomegranate  
Cherry Pomegranate  
Cranberry Pomegranate  
Grape  
Kiwi Strawberry  
Peach Mango  
Pineapple  
Red Raspberry  
White Grape

 LS = Low Sodium

**Not Allowed:**

- Organic juice



**Schnucks**  
Apple  
Grape  
Pineapple  
Tomato  
Vegetable  
White Grape



**Shopper's Value**  
Orange Juice



**Shurfine**  
Apple  
Grape  
Tomato  
Vegetable  
White Grape



**Tipton Grove**  
Apple  
Grape

100% Juice - For Children

100% Juice - For Children

### Orange Juice Allowed:

- Any of the approved brand orange juices in 64 fl oz containers
- Refrigerated or non-refrigerated

## Fresh Fruits

### Allowed:

- Any variety of fresh whole, halved, quartered, sliced or cut fruit without added sugars\*
- Fruits packed in juice or with added fruit juice concentrate
- Organic



### Not Allowed:

- Baked goods with fruits (e.g., blueberry muffins, fruit and pumpkin pies)
- Buffet/deli containers or party trays of fruits
- Cut fruits in individual serving containers
- Dried fruit, canned fruit or fruit roll ups
- Fresh fruits with added sugars, \*caramel, chocolate or yogurt
- Fruit baskets
- Fruits for purchase on salad bars
- Fruits with added ascorbic acid (or an addition of a flavor solution) sold in the refrigerated case
- Individual or deli servings
- Nuts (e.g., peanuts) or fruit-nut mixtures
- Ornamental or decorative fruits

## Frozen Fruits

### Allowed:

- Any brand, type and package size
- Any fruit with fruit juice, artificial sweeteners or water
- Any plain fruit or plain fruit mixtures
- Organic



### Not Allowed:

- Frozen fruit with added sugars\*

### Create a **Rainbow** on your plate!

- Colorful fruits and vegetables are packed with important vitamins and minerals.
- Eating a variety of colors gives you more health benefits.
- Half your plate should be filled with vegetables and fruits.



Source: National WIC Association 2016 WIC Calendar

\*Added sugars include: corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey and maple syrup

# Vegetables

## Fresh Vegetables

### Allowed:

- Any variety of fresh whole, halved, quartered, sliced or cut vegetables, without added sugars\*, fats or oils
- Bagged lettuce, head lettuce and salad greens without flavorings, dressing or croutons
- Fresh garlic and fresh ginger
- Organic
- Potatoes (any fresh variety)



### Not Allowed:

- Any buffet containers or party trays of vegetables with/without dips, dressings, etc.
- Bagged lettuce or salad greens with salad dressings, cheese, croutons or other added ingredients
- Breaded, creamed, marinated or sauced vegetables
- Dried, pickled or powdered herbs or spices primarily used as flavoring
- Fresh herbs or spices
- Fresh vegetables packaged with cheese, fish, meat and/or poultry (e.g., skewers for the grill, stuffed mushrooms)
- Individual salads or deli servings
- Ornamental or decorative vegetables (e.g., chili peppers on a string, garlic on a string, gourds, Indian corn or pumpkins)
- Vegetable baskets
- Vegetable-grain (pasta or rice) mixtures
- Vegetables for purchase on salad bars

## Frozen Vegetables

### Allowed:

- Any brand, type and package size
- Any kind of frozen beans and peas (e.g., black-eyed peas, green beans, green peas, snap peas, and/or soybeans)
- Any plain frozen vegetable, frozen steamed vegetable or plain frozen vegetable mixtures without any added ingredients, seasonings or oils
- Organic
- Regular or lower-in-sodium frozen vegetables



### Not Allowed:

- Any diced potatoes, french fries, hash brown patties, potato rounds, shredded hash browns or tator tots, with added fats/oils, seasonings or sugars\*
- Added sugars\*, fats or oils
- Seasoned, flavored or breaded vegetables
- Vegetables with sauces (e.g., butter, cheese or gravy), pasta, noodles, rice or any other ingredients including fish, meat or poultry

# Shopping Tips

## Fresh Fruit and Vegetable Shopping Tips

- Check ad specials (online, store fliers, etc.).
- Compare prices.
- Buy fresh fruits and vegetables in season.

When choosing fresh fruits and vegetables that are priced by the pound, complete the following steps.

1. Place the item on the grocery scale.
2. Round up the weight to the nearest pound or half pound.
3. Estimate the cost of the item using a calculator if needed.
4. Write the item and price on your shopping list.



## Did You Know

- You are not required to purchase all the foods on your checks.
- Speak to WIC staff if you do not use or need all the food listed on your checks.
- You may not return your WIC food to the store for cash, credit or other items.
- Treat store staff with respect and courtesy.
- If you have problems at a grocery store, speak with the store manager or call your local WIC office to resolve the problem.
- Make sure to keep track of the store name, date/time and names of people involved and save your receipt.
- If you suspect fraud, please report it to your local WIC office.



**Never sell, trade or give away  
WIC foods!  
This is considered fraud.**

# Fruit and Vegetable Checks

## How to Use Fruit and Vegetable Checks

1. Use fruit and vegetable checks at WIC approved stores only.
2. Purchase only approved fresh and frozen fruits and vegetables.
3. The fruit and vegetable check has a maximum dollar amount printed on it. If you have fruits and vegetables that exceed the dollar amount on the check, you can pay the difference using:
  - Cash, check, credit/debit card or SNAP EBT card.
  - More than one fruit and vegetable check for one purchase. (Some stores may only be able to allow one fruit and vegetable check for one purchase.)

For example, your fruit and vegetable check has a value of \$11 and the cost of the fruits and vegetables is \$13. You may either remove \$2 worth of fruits and vegetables from your purchase or you may pay the extra \$2 with one of the methods listed above.

4. Tax will be applied to the difference if you pay with cash, check or credit/debit card.
5. If your fruit and vegetable purchase does not add up to the maximum amount printed on the check, you will not receive change back.



## Helpful Information

**ounce = oz**

**quart = qt**

**gallon = gal**

**pound = lb**

**8 oz = 1 cup**

**16 oz = 1 pound**

**64 fluid oz = 1/2 gal**

**128 fluid oz = 1 gal**

# Infant Foods

## Infant Cereals

### Allowed:

- 8 or 16 oz container only
- Plain only
- Dry only

### Not Allowed:

- Added DHA/ARA
- Added dried fruits/nuts, cinnamon and/or yogurt
- Organic products



**Beech-Nut**  
(8 oz only)

Oatmeal  
Rice  
Multigrain



**Gerber**  
(8 or 16 oz only)

Barley  
Oatmeal  
Rice  
Whole Wheat

## Infant Fruits and Vegetables

### Allowed:

- 4 oz container or 2 pack of 4 oz container as printed on the WIC check
- Any fruit or mixed fruit
- Any mixed fruit and vegetable
- Any stage
- Any vegetable or mixed vegetable

### Not Allowed:

- Added DHA/ARA
- Added sugar, salt or flour
- Added cereal, grains or rice
- Added seasonings or cinnamon
- Dinners or added meats
- Mixed fruit with pasta and/or meat combination
- Mixed vegetable with pasta and/or meat combination
- Organic products



**Beech-Nut**



**Gerber**  
2 pack



**Tippy Toes**

## Fresh Fruits and/or Vegetables

Fresh fruits and/or vegetables are allowed for infants only when printed on the WIC check.



Always feed infant foods from a spoon.

## Infant Formula

- Quantity, brand, type and size as printed on the WIC check

# For Fully Breastfeeding Infants

## Infant Meats

### Allowed:

- 2.5 oz container only
- Beech-Nut, Gerber, or Tippy Toes only

### Not Allowed:

- Added DHA/ARA
- Dinners
- Meat and fruit combination
- Meat and vegetable combination
- Organic products



**Beech-Nut**



**Gerber**



**Tippy Toes**

Infant meats are an extra benefit for fully breastfed infants.

# For Fully Breastfeeding Mothers

## Canned Fish

### Light Tuna

#### Allowed:

- 5 oz only
- Any brand
- Chunk, solid or grated
- Low sodium
- Water packed only

#### Not Allowed:

- 4 packs/multiple packs
- Added flavoring, seasonings or sauce
- Foil pouches
- Individual serving containers
- White or albacore tuna



### Canned Salmon

#### Allowed:

- 5 oz only
- Any brand
- Pink salmon only

#### Not Allowed:

- 4 packs/multiple packs
- Added flavoring, seasonings or sauce
- Foil pouches
- Red, Sockeye or Wild Alaska Pink Salmon
- Smoked



### Sardines

#### Allowed:

- 3.75 oz only
- Any brand
- Tomato or mustard sauce
- Water packed

#### Not Allowed:

- Basil, dill, hot green chillies
- Fish steak
- Foil pouches
- Hot sauce or lemon sauce
- Individual serving containers
- Smoked

# MOOve to 1% Milk and/or Skim Milk!

- Skim milk has no fat.
- 1% milk is the next healthiest choice. It has only 30% of the fat in whole milk and still has the same flavor. It's a good step on your way to skim milk.
- 1% and skim milk have more calcium and are the healthiest choices for everyone over the age of 2 years.



Milk Comparison (1 cup/8 oz)	Whole Milk (3.25%)	Reduced Fat Milk (2%)	Low Fat Milk (1%)	Skim Milk
Calories	149	122	102	83
Total Fat (gm)	8	5	2.5	0
Saturated Fat (gm)	4.5	3	1.5	0
Protein (gm)	8	8	8	8
Calcium (mg)	276	293	305	299
Vitamin D (IU)	124	120	117	115

Reference: National Nutrient Database for Standard Reference Release 26



WIC Foods



WIC Locations

## Missouri Department of Health and Senior Services WIC and Nutrition Services

P.O. Box 570  
Jefferson City, MO 65102-0570  
573-751-6204

[health.mo.gov/wic](http://health.mo.gov/wic)

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