

WIC

AT THE
Store



WIC APPROVED FOOD LIST



Infant
Cereal



Iron-Fortified
Adult Cereal



Vitamin C-Rich
Fruit or
Vegetable Juice



Eggs



Milk



Cheese



Peanut Butter



Dried and
Canned Beans/
Peas



Canned Fish



Soy-Based
Beverages



Tofu



Fruits and
Vegetables



Baby Food



Whole-Wheat
Bread



Other Whole
Grain options

* Data from the National WIC Association