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