

# **North Carolina WIC Program**

## **Approved Foods List Los Alimentos Aprobados Por WIC**

**Effective: October 1, 2015  
Efectivo: 1 Octubre 2015**



# North Carolina WIC Program Approved Foods

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<b>Cow’s Milk: Size and type as listed on food instrument</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ Least expensive brand available of pasteurized cow’s milk of size and type as listed on food instrument               <ul style="list-style-type: none"> <li>○ Skim milk</li> <li>○ 1% milk</li> <li>○ 2% milk</li> <li>○ Whole milk</li> <li>○ Evaporated milk</li> <li>○ Lactose-reduced or lactose-free milk</li> <li>○ Ultra High Temperature (UHT) milk</li> </ul> </li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Buttermilk</li> <li>▪ Chocolate or other flavored milk</li> <li>▪ Goat’s milk</li> <li>▪ Milk drinks</li> <li>▪ Organic milk</li> <li>▪ Powdered milk</li> </ul>

<b>Cheese: Size and type as listed on food instrument</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 16 oz. prepackaged block or sliced (wrapped or unwrapped)</li> <li>▪ Least expensive domestic brand available of any of the following types of cheese or blends of any of these cheeses:               <ul style="list-style-type: none"> <li>○ Brick</li> <li>○ Cheddar</li> <li>○ Colby</li> <li>○ Monterey Jack</li> <li>○ Mozzarella</li> <li>○ Muenster</li> <li>○ Pasteurized processed American</li> <li>○ Provolone</li> <li>○ Swiss</li> </ul> </li> <li>▪ Lower-sodium varieties</li> <li>▪ Reduced-fat and reduced-cholesterol varieties</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Cheese foods</li> <li>▪ Cheese products</li> <li>▪ Cheese spreads</li> <li>▪ Cheese with additions such as wine, nuts, seeds, jalapenos, pimentos, herbs, spices, seasonings or flavorings (wine or smoked)</li> <li>▪ Deli or hoop cheese</li> <li>▪ Organic cheese</li> <li>▪ Snack, cubed, shaped, crumbled, strips, sticks, diced, grated or shredded cheese</li> <li>▪ String cheese</li> </ul>

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<b>Soy-based Beverage: Must be an approved brand as specified on list below</b>		
<b>Approved</b> ▪ 64 oz. containers	<b>Not Approved</b> ▪ Flavored soy-based beverage ▪ Organic soy-based beverage	
Brand Name	Product Name	Unit Container Size (oz.)
8th Continent	Soymilk Original	64
Great Value	Original Soymilk	64
Silk	Original Soymilk	64

<b>Tofu: Must be an approved brand as specified on list below</b>		
<b>Approved</b> ▪ 14 oz. – 16 oz. prepackaged	<b>Not Approved</b> ▪ Tofu with added fats, sugars, oils or salt (sodium) ▪ Organic tofu	
Brand Name	Product Name	Unit Container Size (oz.)
Azumaya	Tofu Extra Firm	16
Azumaya	Tofu Firm	16
Azumaya	Tofu Silken	16
House Foods	Tofu Extra Firm	16
House Foods	Tofu Firm	14, 16
House Foods	Tofu Medium Firm	14, 16
House Foods	Tofu Soft	14
Vitasoy	Firm Tofu	15
Vitasoy	Soft Tofu	15
Vitasoy	Sprouted Black Soybean Tofu	14

<b>Yogurt: Must be an approved brand as specified on list below</b>	
<b>Approved</b> ▪ 1 quart (32 oz.) ▪ Pasteurized	<b>Not Approved</b> ▪ Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients ▪ Drinkable yogurts ▪ Organic yogurt

## Yogurt

Brand Name	Product Name	Unit Container Size (oz.)
Coburn Farms	Plain Lowfat Yogurt	32
Coburn Farms	Vanilla Lowfat Yogurt	32
Dannon	All Natural Plain Lowfat Yogurt	32

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## Yogurt

Brand Name	Product Name	Unit Container Size (oz.)
Dannon	All Natural Plain Nonfat Yogurt	32
Dannon	All Natural Plain Yogurt	32
Dannon	Light & Fit Greek Plain Yogurt	32
Dannon	OIKOS 0% Fat Greek Yogurt Plain	32
Dannon	OIKOS 0% Fat Greek Yogurt Vanilla	32
Dannon	Vanilla Lowfat Yogurt	32
Essential Everyday	Blended Peach Lowfat Yogurt	32
Essential Everyday	Blended Plain Lowfat Yogurt	32
Essential Everyday	Blended Raspberry Lowfat Yogurt	32
Essential Everyday	Blended Strawberry Banana Lowfat Yogurt	32
Essential Everyday	Blended Strawberry Lowfat Yogurt	32
Essential Everyday	Blended Vanilla Lowfat Yogurt	32
Essential Everyday	Fat Free Plain Nonfat Yogurt	32
Essential Everyday	Greek Nonfat Yogurt Plain	32
Essential Everyday	Greek Nonfat Yogurt Vanilla	32
Food Club	Blended Strawberry Lowfat Yogurt	32
Food Club	Lowfat Vanilla Yogurt	32
Food Lion	Lowfat Yogurt Vanilla	32
Food Lion	Nonfat Yogurt Plain	32
Harris Teeter	Greek Nonfat Yogurt Plain	32
Harris Teeter	Greek Nonfat Yogurt Vanilla Blend	32
Kroger	Blended Lowfat Yogurt Plain	32
Kroger	Blended Lowfat Yogurt Vanilla	32
Kroger	Nonfat Yogurt Plain	32
Laura Lynn	Fat Free Nonfat Yogurt All Natural Plain	32
Laura Lynn	Greek Nonfat Yogurt Plain	32
Laura Lynn	Greek Nonfat Yogurt Vanilla	32
Laura Lynn	Lowfat Yogurt Vanilla All Natural	32
Lowes Foods	Lowfat Yogurt Vanilla	32
Lowes Foods	Nonfat Yogurt Plain	32
Lowes Foods	Nonfat Yogurt Vanilla	32
Market Pantry	Plain Nonfat Yogurt	32
Mountain High	Fat Free Yoghurt Plain	32
Mountain High	Fat Free Yoghurt Vanilla	32
Mountain High	Lowfat Yoghurt Plain	32
Mountain High	Lowfat Yoghurt Vanilla	32
Mountain High	Original Style Yoghurt Plain	32
Mountain High	Original Style Yoghurt Vanilla	32
Nostimo	Greek Nonfat Yogurt Plain	32
Nostimo	Greek Nonfat Yogurt Vanilla	32

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## Yogurt

Brand Name	Product Name	Unit Container Size (oz.)
Our Family	Greek Nonfat Yogurt Plain	32
Our Family	Greek Nonfat Yogurt Vanilla	32
Southern Home	Fat Free Nonfat Yogurt Plain	32
Southern Home	Fat Free Nonfat Yogurt Vanilla	32
Southern Home	Greek 0% Fat Nonfat Yogurt Plain	32
Southern Home	Lowfat Yogurt Vanilla	32
Yoplait	Greek 100 Calories Nonfat Yogurt Plain	32
Yoplait	Low Fat Yogurt Original Harvest Peach	32
Yoplait	Low Fat Yogurt Original Strawberry	32
Yoplait	Low Fat Yogurt Original Strawberry Banana	32
Yoplait	Low Fat Yogurt Original Vanilla	32

## Concentrate Juice: Must be an approved brand as specified on list below

### Approved

- 11.5 oz. – 12 oz. containers
- 100% juice, unsweetened, pasteurized
- Frozen or shelf stable concentrate
- Juices fortified with calcium, vitamin D or vitamin C

### Not Approved

- Concentrate products with guidance for diluting to less than single strength
- Juice drinks or cocktails
- Juices promoted for use by infants
- Juices with added nutrients/additives other than calcium, vitamin D or vitamin C
- Organic juice
- Sports drinks

## Concentrate Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Always Save	Apple Juice	12	Frozen
Always Save	Orange Juice	12	Frozen
Best Choice	Apple Juice 100% Juice	12	Frozen
Best Choice	Orange Juice Country Style with Extra Pulp	12	Frozen
Best Choice	Orange Juice Original	12	Frozen
Best Choice	Orange Juice Pulp Free	12	Frozen
Best Choice	Orange Juice with Calcium	12	Frozen
Best Yet	Apple Juice	12	Frozen
Best Yet	Calcium Fortified 100% Orange Juice	12	Frozen
Best Yet	Classic 100% Orange Juice	12	Frozen
Best Yet	Country Style 100% Orange Juice	12	Frozen
Best Yet	Pulp Free 100% Orange Juice	12	Frozen

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## Concentrate Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Essential Everyday	Apple Juice	12	Frozen
Essential Everyday	Country Style Orange Juice	12	Frozen
Essential Everyday	Grape Juice	12	Frozen
Essential Everyday	No Pulp Orange Juice	12	Frozen
Essential Everyday	Original Orange Juice	12	Frozen
Essential Everyday	Orange Juice with Added Calcium	12	Frozen
Food Lion	Apple Juice	12	Frozen
Food Lion	Orange Juice	12	Frozen
Food Lion	Orange Juice with Calcium	12	Frozen
Food Lion	Orange Juice with Pulp	12	Frozen
Great Value	100% Juice Apple Juice	12	Frozen
Great Value	100% Juice Calcium Orange Juice	12	Frozen
Great Value	100% Juice Country Style Orange Juice	12	Frozen
Great Value	100% Juice Grape Juice	12	Frozen
Great Value	100% Juice Orange Juice	12	Frozen
Great Value	100% Juice Pulp Free Orange Juice	12	Frozen
Harris Teeter	Apple Juice	12	Frozen
Harris Teeter	Calcium Enriched Orange Juice	12	Frozen
Harris Teeter	Country Style More Pulp Orange Juice	12	Frozen
Harris Teeter	Original Orange Juice	12	Frozen
Harris Teeter	Pulp Free Orange Juice	12	Frozen
HY•TOP	100% Juice Apple	12	Frozen
HY•TOP	100% Juice Orange	12	Frozen
Kroger	Apple Juice with Vitamin C	12	Frozen
Kroger	Grape with Vitamin C	12	Frozen
Kroger	Grapefruit	12	Frozen
Kroger	Orange Juice	12	Frozen
Kroger	Orange Juice Added Pulp	12	Frozen
Kroger	Orange Juice Pulp Free	12	Frozen
Kroger	Orange Juice with Calcium	12	Frozen
Kroger	Pineapple Juice	12	Frozen
Kroger	Pineapple Orange Juice	12	Frozen
Langers	Apple Juice	11.5	Shelf Stable
Langers	Autumn Blend	11.5	Shelf Stable
Langers	Grape Juice	11.5	Shelf Stable
Langers	Orange Juice	11.5	Shelf Stable
Langers	Pineapple Juice	11.5	Shelf Stable
Langers	Spring Blend	11.5	Shelf Stable
Langers	Summer Blend	11.5	Shelf Stable

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## Concentrate Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Market Pantry	Apple 100% Juice	12	Frozen
Market Pantry	Grape 100% Juice	12	Frozen
Market Pantry	Original Orange 100% Juice	12	Frozen
Market Pantry	Pulp Free Orange 100% Juice	12	Frozen
My Essentials	Apple Juice	12	Frozen
My Essentials	Orange Juice	12	Frozen
My Essentials	Orange Juice with Calcium	12	Frozen
My Essentials	Orange Juice with Pulp	12	Frozen
Old Orchard	100% Juice Apple	12	Frozen
Old Orchard	100% Juice Apple Cherry	12	Frozen
Old Orchard	100% Juice Apple Cranberry	12	Frozen
Old Orchard	100% Juice Apple Kiwi Strawberry	12	Frozen
Old Orchard	100% Juice Apple Passion Mango	12	Frozen
Old Orchard	100% Juice Apple Raspberry	12	Frozen
Old Orchard	100% Juice Apple Strawberry Banana	12	Frozen
Old Orchard	100% Juice Blueberry Pomegranate	12	Frozen
Old Orchard	100% Juice Cherry Pomegranate	12	Frozen
Old Orchard	100% Juice Cranberry	12	Frozen
Old Orchard	100% Juice Cranberry Pomegranate	12	Frozen
Old Orchard	100% Juice Cranberry Raspberry	12	Frozen
Old Orchard	100% Juice Grape	12	Frozen
Old Orchard	100% Juice Orange	12	Frozen
Old Orchard	100% Juice Orange with Calcium	12	Frozen
Old Orchard	100% Juice Pineapple	12	Frozen
Old Orchard	100% Juice Pineapple Orange	12	Frozen
Old Orchard	100% Juice Pineapple Orange Banana	12	Frozen
Old Orchard	100% Juice White Grape	12	Frozen
Our Family	Apple Juice	12	Frozen
Our Family	Orange Juice Country Style with Medium Pulp	12	Frozen
Our Family	Orange Juice Original	12	Frozen
Our Family	Orange Juice Pulp Free	12	Frozen
Our Family	Orange Juice with Calcium	12	Frozen
Publix	Orange Juice	12	Frozen
Seneca	100% Apple Juice	12	Frozen
Southern Home	Apple Juice 100% Juice	12	Frozen
Southern Home	Country Style Orange Juice 100% Juice	12	Frozen
Southern Home	Original Orange Juice 100% Juice	12	Frozen
Southern Home	Pulp Free Orange Juice 100% Juice	12	Frozen
Southern Home	With Calcium Orange Juice 100% Juice	12	Frozen

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## Concentrate Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Tipton Grove	100% Apple Juice	12	Frozen
Tipton Grove	100% Orange Juice	12	Frozen
Tree Top	100% Apple Juice	12	Frozen
Welch's	100% Grape Juice	11.5	Frozen
Welch's	100% Juice Apple	11.5	Shelf Stable
Welch's	100% Juice Fruit Fantastic	11.5	Shelf Stable
Welch's	100% Juice Grape	11.5	Shelf Stable
Welch's	100% Juice Tropical Passion	11.5	Shelf Stable
Welch's	100% Juice White Grape Juice	11.5	Frozen
Welch's	100% Juice White Grape Peach	11.5	Frozen
Welch's	100% Juice White Grape Raspberry	11.5	Frozen

## Single Strength Juice: Must be an approved brand as specified on list below

### Approved

- 48 oz. and 64 oz. containers
- 100% juice, unsweetened, pasteurized
- Juices fortified with calcium, vitamin D or vitamin C
- Vegetable juice may be regular or low sodium
- Packaged in plastic, glass, cans or refrigerated paper cartons

### Not Approved

- Freshly squeezed juices
- Juice drinks or cocktails
- Juices promoted for use by infants
- Juices with added nutrients/additives other than calcium, vitamin D or vitamin C
- Organic juice
- Sports drinks

## Single Strength Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Always Save	Apple Juice	64	Plastic
Always Save	Grape Juice	64	Plastic
Apple & Eve	100% Apple Juice	48, 64	Plastic
Apple & Eve	100% Juice Cranberry Apple	48, 64	Plastic
Apple & Eve	100% Juice Cranberry Grape	64	Plastic
Apple & Eve	100% Juice Cranberry Pomegranate	64	Plastic
Apple & Eve	100% Juice Cranberry Raspberry	48, 64	Plastic
Apple & Eve	100% Juice Naturally Cranberry	48, 64	Plastic
Best Choice	100% Juice Apple	64	Plastic
Best Choice	100% Juice Berry	64	Plastic
Best Choice	100% Juice Cherry	64	Plastic
Best Choice	100% Juice Grape	64	Plastic



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## Single Strength Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Best Choice	100% Juice Punch	64	Plastic
Best Choice	Apple Juice	64	Plastic
Best Choice	Grape Juice	64	Plastic
Best Choice	Grapefruit Juice	64	Plastic
Best Choice	Pineapple Juice	64	Plastic
Best Choice	Tomato Juice	64	Plastic
Best Choice	Vegetable Juice	64	Plastic
Best Choice	White Grape Juice	64	Plastic
Campbell's	Tomato Juice	64	Plastic
Campbell's	Tomato Juice Low Sodium	64	Plastic
Diane's Garden	100% Vegetable Juice	64	Plastic
Essential Everyday	100% Juice Apple Cider	64	Plastic
Essential Everyday	100% Juice Apple Juice	48, 64	Plastic
Essential Everyday	100% Juice Apple Juice 10% Daily Value of Calcium per Serving	64	Plastic
Essential Everyday	100% Juice Apple Juice Not from Concentrate	64	Plastic
Essential Everyday	100% Juice Berry	64	Plastic
Essential Everyday	100% Juice Cherry	64	Plastic
Essential Everyday	100% Juice Cranberry	64	Plastic
Essential Everyday	100% Juice Cranberry Raspberry	64	Plastic
Essential Everyday	100% Juice Grape Juice	64	Plastic
Essential Everyday	100% Juice Orange Juice	48, 64	Plastic
Essential Everyday	100% Juice Pineapple Juice	48, 64	Plastic
Essential Everyday	100% Juice Punch	64	Plastic
Essential Everyday	100% Juice White Grape Juice	64	Plastic
Essential Everyday	100% Juice White Grapefruit	48, 64	Plastic
Essential Everyday	100% Tomato Juice	64	Plastic
Essential Everyday	100% Vegetable Juice	64	Plastic
Essential Everyday	Low Sodium 100% Tomato Juice	64	Plastic
Essential Everyday	No Pulp Orange Juice from Concentrate	64	Paper carton
Essential Everyday	No Pulp Orange Juice from Concentrate with Calcium & Vitamin D	64	Paper carton
Essential Everyday	Some Pulp Orange Juice from Concentrate	64	Paper carton
Everfresh Juice	100% Apple Juice	64	Plastic
Everfresh Juice	Kiwi Strawberry 100% Juice	64	Plastic
Everfresh Juice	Pure 100% Orange Juice	64	Plastic
Food Club	100% Apple Juice	64	Plastic
Food Club	100% Tomato Juice	64	Plastic
Food Club	100% Unsweetened Orange Juice	64	Plastic

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## Single Strength Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Food Club	100% Unsweetened Pineapple Juice	64	Plastic
Food Club	100% White Grapefruit Juice	64	Plastic
Food Lion	100% Juice Apple Juice	64	Plastic
Food Lion	100% Juice Berry Blend	64	Plastic
Food Lion	100% Juice Cherry	64	Plastic
Food Lion	100% Juice Fruit Punch	64	Plastic
Food Lion	100% Juice Grape	64	Plastic
Food Lion	100% Juice Grapefruit	64	Plastic
Food Lion	100% Juice Orange Juice	64	Plastic
Food Lion	100% Juice Pineapple	64	Plastic
Food Lion	100% Juice Tomato	64	Plastic
Food Lion	100% Juice White Grape	64	Plastic
Food Lion	No Pulp 100% Orange Juice	64	Paper carton
Food Lion	No Pulp 100% Orange Juice	64	Plastic
Food Lion	No Pulp with Calcium & Vitamin D 100% Orange Juice	64	Plastic
Great Value	No Sugar Added 100% Juice Apple	64	Plastic
Great Value	No Sugar Added 100% Juice Cranberry Blend	64	Plastic
Great Value	No Sugar Added 100% Juice Cranberry Grape	64	Plastic
Great Value	No Sugar Added 100% Juice Grape	64	Plastic
Great Value	No Sugar Added 100% Juice White Grape	64	Plastic
Great Value	No Sugar Added 100% Juice White Grape & Peach	64	Plastic
Harris Teeter	100% Juice Apple Juice	64	Plastic
Harris Teeter	100% Juice Cranberry	64	Plastic
Harris Teeter	100% Juice Cranberry & Concord Grape	64	Plastic
Harris Teeter	100% Juice Cranberry Raspberry	64	Plastic
Harris Teeter	100% Juice Cranberry & Red Delicious Apple	64	Plastic
Harris Teeter	100% Juice Pineapple Juice	64	Plastic
Harris Teeter	100% Juice Tomato Juice	64	Plastic
Harris Teeter	100% Pure Orange Juice	64	Paper carton
Harris Teeter	Grape Juice	64	Plastic
Harris Teeter	Grapefruit Juice	64	Plastic
Harris Teeter	Premium Apple Juice	64	Plastic
Harris Teeter	White Grape Juice	64	Plastic
Harris Teeter	White Grape Peach Juice Blend	64	Plastic
HY•TOP	100% Juice Apple	64	Plastic
HY•TOP	100% Juice Grape	64	Plastic
HY•TOP	100% Juice Grapefruit	64	Plastic
HY•TOP	100% Juice Tomato	64	Plastic
HY•TOP	100% Juice Vegetable	64	Plastic

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## Single Strength Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
HY•TOP	100% Juice White Grape	64	Plastic
IGA	100% Apple Juice	64	Plastic
IGA	100% Grape Juice	64	Plastic
IGA	100% White Grape Juice	64	Plastic
Juicy Juice	100% Juice Apple	48, 64	Plastic
Juicy Juice	100% Juice Apple Raspberry	64	Plastic
Juicy Juice	100% Juice Berry	64	Plastic
Juicy Juice	100% Juice Cherry	48, 64	Plastic
Juicy Juice	100% Juice Fruit Punch	48, 64	Plastic
Juicy Juice	100% Juice Grape	48, 64	Plastic
Juicy Juice	100% Juice Kiwi Strawberry	48, 64	Plastic
Juicy Juice	100% Juice Mango	64	Plastic
Juicy Juice	100% Juice Orange Tangerine	48, 64	Plastic
Juicy Juice	100% Juice Strawberry Banana	64	Plastic
Juicy Juice	100% Juice Tropical	64	Plastic
Juicy Juice	100% Juice White Grape	64	Plastic
Kroger	100% Juice Apple	64	Plastic
Kroger	100% Juice Cranberry	64	Plastic
Kroger	100% Juice Grape	64	Plastic
Kroger	100% Juice Low Sodium Vegetable	64	Plastic
Kroger	100% Juice Spicy Vegetable	64	Plastic
Kroger	100% Juice Vegetable	64	Plastic
Kroger	100% Juice White Grape	64	Plastic
Kroger	Calcium Orange Juice	64	Plastic
Kroger	Homestyle Orange Juice	64	Plastic
Kroger	Original Orange Juice	64	Plastic
Kroger	Unsweetened Grapefruit Juice 100% Juice	64	Plastic
Kroger	Unsweetened Pineapple Juice	64	Plastic
Kroger	White Grape Peach 100% Juice	64	Plastic
Langers	Apple Juice 100% Juice	64	Plastic
Langers	Apple Berry Cherry 100% Juice	64	Plastic
Langers	Apple Cranberry 100% Juice	64	Plastic
Langers	Apple Grape 100% Juice	64	Plastic
Langers	Apple Kiwi Strawberry 100% Juice	64	Plastic
Langers	Apple Orange Pineapple 100% Juice	64	Plastic
Langers	Apple Peach Mango 100% Juice	64	Plastic
Langers	Disney Apple Cranberry Grape 100% Juice	64	Plastic
Langers	Disney Apple Grape 100% Juice	64	Plastic
Langers	Disney Berry Blend 100% Juice	64	Plastic

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## Single Strength Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Langers	Disney Fruit Punch 100% Juice	64	Plastic
Langers	Grape Juice 100% Juice	64	Plastic
Langers	Harvest Apple Plus 100% Juice	64	Plastic
Langers	Orange Juice 100% Juice	64	Plastic
Langers	Pineapple Juice 100% Juice	64	Plastic
Langers	Red Grape Juice 100% Juice	64	Plastic
Langers	Ruby Red Grapefruit 100% Juice	64	Plastic
Langers	Spicy Vegetable with Serrano Chili Peppers 100% Juice	64	Plastic
Langers	Tomato Juice 100% Juice	64	Plastic
Langers	Vegetable Juice 100% Juice	64	Plastic
Langers	Vegetable Juice Low Sodium 100% Juice	64	Plastic
Langers	White Grape Juice 100% Juice	64	Plastic
Laura Lynn	100% Juice Blend Berry Flavor	64	Plastic
Laura Lynn	100% Juice Blend Cherry Punch	64	Plastic
Laura Lynn	100% Juice Blend Cranberry	64	Plastic
Laura Lynn	100% Juice Blend Fruit Punch Flavor	64	Plastic
Laura Lynn	100% Juice Blend Grape	64	Plastic
Laura Lynn	Apple Juice with Calcium & Vitamin C	64	Plastic
Laura Lynn	Apple Juice with Vitamin C	64	Plastic
Laura Lynn	Grape Juice	64	Plastic
Laura Lynn	Tomato Juice	64	Plastic
Laura Lynn	White Grape Juice	64	Plastic
Laura Lynn	White Grape-Peach Juice	64	Plastic
Libby's	Pineapple Juice	64	Plastic
Lowes Foods	100% Juice Cranberry Blend	64	Plastic
Lowes Foods	Grape Juice	64	Plastic
Lowes Foods	Orange Juice	64	Paper carton
Lowes Foods	Orange Juice Grove Select with Pulp	64	Paper carton
Lowes Foods	Orange Juice Original No Pulp	64	Paper carton
Lowes Foods	Orange Juice with Calcium & Vitamin D	64	Paper carton
Lowes Foods	Unsweetened Apple Juice	64	Plastic
Lowes Foods	White Grape Juice	64	Plastic
Market Pantry	100% Juice Apple	64	Plastic
Market Pantry	100% Juice Grape	64	Plastic
Market Pantry	Apple Cider	64	Plastic
Market Pantry	Calcium & Vitamin D Orange Juice Pulp Free	64	Paper carton
Market Pantry	Pulp Free Orange Juice	64	Paper carton
Market Pantry	Some Pulp Orange Juice	64	Paper carton
Market Pantry	Spiced Apple Cider	64	Plastic

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## Single Strength Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Market Pantry	Tomato Juice	64	Plastic
Market Pantry	White Grape Juice	64	Plastic
Mott's	100% Apple Juice	64	Plastic
My Essentials	100% Apple Juice	64	Plastic
My Essentials	Orange Juice	64	Plastic
My Essentials	Orange Juice with Calcium	64	Plastic
Natural Country	Orange Juice	64	Paper carton
Old Orchard	100% Apple	64	Plastic
Old Orchard	100% Grape Juice	64	Plastic
Old Orchard	100% Juice Acai Pomegranate	64	Plastic
Old Orchard	100% Juice Apple Cranberry	64	Plastic
Old Orchard	100% Juice Berry Blend	64	Plastic
Old Orchard	100% Juice Black Cherry Cranberry	64	Plastic
Old Orchard	100% Juice Blueberry Pomegranate	64	Plastic
Old Orchard	100% Juice Cherry Pomegranate	64	Plastic
Old Orchard	100% Juice Cranberry Pomegranate	64	Plastic
Old Orchard	100% Juice Kiwi Strawberry	64	Plastic
Old Orchard	100% Juice Orange Juice	64	Plastic
Old Orchard	100% Juice Peach Mango	64	Plastic
Old Orchard	100% Juice Red Raspberry	64	Plastic
Old Orchard	100% Juice Wild Cherry	64	Plastic
Old Orchard	100% Pineapple	64	Plastic
Old Orchard	100% White Grape	64	Plastic
Our Family	100% Juice Blend Berry Flavor	64	Plastic
Our Family	100% Juice Blend Cherry Punch Flavor	64	Plastic
Our Family	100% Juice Blend Fruit Punch Flavor	64	Plastic
Our Family	100% Juice Blend Grape Flavor	64	Plastic
Our Family	100% Tomato Juice	64	Plastic
Our Family	100% Vegetable Juice	64	Plastic
Our Family	Apple Juice	64	Plastic
Our Family	Grape Juice	64	Plastic
Our Family	Grapefruit Juice	64	Plastic
Our Family	Orange Juice	64	Plastic
Our Family	Pineapple Juice	64	Plastic
Our Family	Premium Pasteurized Orange Juice	64	Paper carton
Our Family	White Grape Juice	64	Plastic
Publix	Apple Juice with Vitamin C	64	Plastic
Publix	Calcium & Vitamin D 100% Orange Juice	64	Plastic
Publix	Grape Juice	64	Plastic

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Single Strength Juice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Publix	Original 100% Orange Juice	64	Plastic
Publix	Premium Apple Juice	64	Plastic
Publix	Ruby Red 100% Grapefruit Juice	64	Plastic
Publix	White Grape Juice	64	Plastic
Publix	White Grapefruit Juice	64	Plastic
Seneca	100% Apple Juice	48, 64	Plastic
Sesame Street	Big Bird's Apple 100% Juice	64	Plastic
Sesame Street	Cookie Monster's Berry 100% Juice	64	Plastic
Sesame Street	Elmo's Punch 100% Juice	64	Plastic
Sesame Street	Grover's White Grape 100% Juice	64	Plastic
Shoppers Value	Orange Juice	64	Plastic
Southern Home	100% Juice Apple	48, 64	Plastic
Southern Home	100% Juice Apple with Calcium	64	Plastic
Southern Home	100% Juice Blend Cranberry	64	Plastic
Southern Home	100% Juice Grape	64	Plastic
Southern Home	100% Juice Unsweetened Orange	64	Plastic
Southern Home	100% Juice White Grape	64	Plastic
Southern Home	100% Juice White Grapefruit	64	Plastic
Southern Home	Orange Juice Original	64	Paper carton
Southern Home	Orange Juice With Calcium	64	Paper carton
Tipton Grove	100% Apple Juice	64	Plastic
Tipton Grove	100% Grape Juice	64	Plastic
Tipton Grove	Premium Orange Juice	64	Paper carton
Tree Top	100% Apple Juice	64	Plastic
Tree Top	100% Juice Apple Berry	64	Plastic
Tree Top	100% Juice Apple Grape	64	Plastic
V8	Low Sodium Original	64	Plastic
V8	Original	64	Plastic
VALU TIME	100% Juice Grape Juice	64	Plastic
Welch's	Crisp 100% White Grape Juice	64	Plastic
Welch's	Original 100% Grape Juice	64	Plastic
Welch's	Smooth 100% Juice Red Grape	64	Plastic

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Cereal: Must be an approved brand as specified on list below

### Approved

- 12 oz. or larger size bag or box

### Not Approved

- Single serving packets
- Organic cereal

## Cereal

Brand Name	Product Name	Unit Container Type	Unit Container Size (oz.)
Always Save	Frosted Shredded Wheat	Bag	32
Always Save	Toasted Oats	Bag	32
Best Choice	Bran Flakes	Box	17.3
Best Choice	Frosted Shredded Wheat Bite Size	Box	19
Best Choice	Frosted Shredded Wheat Bite Size Strawberry	Box	16.3
Best Choice	Happy O's	Box	15
Best Choice	Live Life @ 100%	Box	15
Best Choice	Nutty Nuggets	Box	24
Best Choice	Wheat Crisps	Box	14
Best Choice	Wheat Flakes	Box	18
Cream of Wheat	Whole Grain 2 ½ Minute	Box	18
Essential Everyday	Crunchy Oat Squares	Box	13, 15
Essential Everyday	Crunchy Wheat Squares	Box	14
Essential Everyday	MultiGrain	Box	12.8
Essential Everyday	Nutty Nuggets	Box	24
Essential Everyday	Toasted Oats	Box	14
Essential Everyday	Wheat Bran Flakes	Box	17.3
Food Club	Bite Size Frosted Shredded Wheat	Box	18
Food Club	Essential Choice Bran Flakes	Box	17.3
Food Club	Essential Choice Oat Cereal	Box	15, 21
Food Club	Essential Choice Wheat and Crunchy	Box	24
Food Club	Oatmeal Squares with Brown Sugar	Box	14.5
Food Club	Toasted Oats Original	Box	14
Food Club	Wheat Squares	Box	14
Food Lion	Bite-Sized Frosted Shredded Wheat	Box	18
Food Lion	Bite-Sized Strawberry Frosted Shredded Wheat	Box	18
Food Lion	Bran Flakes	Box	17.3
Food Lion	Multigrain Tasteeos	Box	12.8
Food Lion	Simple Living	Box	18, 21
Food Lion	Tasteeos	Box	14
Fred Meyer	Living Well	Box	15
Fred Meyer	Toasted Oats	Box	14
Frys	Toasted Oats	Box	14
General Mills	Berry Berry Kix	Box	12

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Cereal

Brand Name	Product Name	Unit Container Type	Unit Container Size (oz.)
General Mills	Cheerios	Box	12, 18, 21, 36
General Mills	Corn Chex	Box	12, 18
General Mills	Dora the Explorer Cereal	Box	18
General Mills	Honey Kix	Box	12
General Mills	Kix	Box	12, 18
General Mills	Multi Grain Cheerios	Box	12, 18, 36
General Mills	Rice Chex	Box	12, 18
General Mills	Total Whole Grain	Box	16
General Mills	Wheat Chex	Box	14, 19
General Mills	Wheaties	Box	15.6
Grain Berry	Apple Cinnamon	Box	12
Grain Berry	Bran Flakes	Box	12
Grain Berry	Honey Nut	Box	12
Grain Berry	Shredded Wheat	Box	14
Grain Berry	Toasted Oats	Box	12
Great Value	Bran Flakes	Box	17.3
Great Value	Crunchy Nuggets	Box	24
Great Value	Crunchy Oat Squares	Box	18
Great Value	Frosted Shredded Wheat	Box	24
Great Value	Toasted Multi-Grain	Box	16.2
Great Value	Toasted Wheat	Box	14
Great Value	Toasted Whole-Grain Oats	Box	14, 18
Hannaford	Bite-Sized Frosted Shredded Wheat	Box	18
Hannaford	Bran Flakes	Box	17.3
Hannaford	Nutty Nuggets	Box	24
Hannaford	Tasteos	Box	14
Hannaford	Toasted Wheat	Box	14
Hannaford	Wheat Flakes	Box	18
Harris Teeter	Enriched Bran Flakes	Box	17.3
Harris Teeter	Live Wise	Box	21
Harris Teeter	Toasted Oats	Box	14
HY•TOP	Bite Size Frosted Shredded Wheat	Box	18
HY•TOP	Bran Flakes	Box	17.3
HY•TOP	Toasted Oats	Box	14
IGA	Bite Size Frosted Blueberry Shredded Wheat	Box	15.5
IGA	Bite Size Frosted Shredded Wheat	Box	19
IGA	Bite Size Frosted Strawberry Shredded Wheat	Box	15.5
IGA	Bran Flakes	Box	17.3, 20
IGA	Nutty Nuggets	Box	24



# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Cereal

Brand Name	Product Name	Unit Container Type	Unit Container Size (oz.)
IGA	Tasteos	Box	14
IGA	Toasted Oats	Box	14
Kellogg's	All-Bran Complete Wheat Flakes	Box	18
Kellogg's	Frosted Mini-Wheats	Box	18, 24, 36
Kellogg's	Frosted Mini-Wheats Little Bites	Box	15.2
Kellogg's	Frosted Mini-Wheats Touch of Fruit in the Middle Raisin	Box	15
Kellogg's	Frosted Mini-Wheats Touch of Fruit in the Middle Raspberry	Box	15
Kiggins	Bite Size Frosted Shredded Wheat	Box	16
Kiggins	Bran Flakes	Box	17.3
Kiggins	Rollin' Oats	Box	14
Kroger	Bite Size Blueberry Frosted Shredded Wheat	Box	16
Kroger	Bite Size Frosted Shredded Wheat	Box	18
Kroger	Bite Size Strawberry Cream Frosted Shredded Wheat	Box	16.3
Kroger	Bran Flakes	Box	17.3
Kroger	Living Well Multi-Grain Cereal	Box	13, 15
Kroger	Multi-Grain Toasted Cereal	Box	12.8
Kroger	Nutty Nuggets	Box	24
Kroger	Oat Squares	Box	14.5
Kroger	Toasted Oats	Box	14
Laura Lynn	Little Bit Nutty	Box	24
Laura Lynn	Toasted Oats	Box	14, 28
Laura Lynn	Toasted Oats Multi Grain	Box	12.8
Laura Lynn	Wheat Bran Flakes	Box	17.3
Lowes Foods	Bran Flakes	Box	17.3
Lowes Foods	Frosted Shredded Wheat Bite-Size	Box	18
Lowes Foods	Nutty Nuggets	Box	24
Lowes Foods	Tasteos	Box	14
Malt-O-Meal	Blueberry Mini Spooners	Box	15, 36
Malt-O-Meal	Blueberry Mini Spooners	Bag	18, 36
Malt-O-Meal	Frosted Mini Spooners	Bag	12, 13, 15, 18, 27, 36
Malt-O-Meal	Frosted Mini Spooners	Box	15, 36
Malt-O-Meal	Strawberry Cream Mini Spooners	Box	15, 36
Malt-O-Meal	Strawberry Cream Mini Spooners	Bag	18, 36
Market Pantry	Frosted Shredded Wheat	Box	18
Market Pantry	Frosted Strawberry Shredded Wheat	Box	15.5
Market Pantry	Toasted Oats	Box	18
My Essentials	Bite-Sized Frosted Shredded Wheat	Box	18
My Essentials	Bite-Sized Strawberry Frosted Shredded Wheat	Box	18

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Cereal

Brand Name	Product Name	Unit Container Type	Unit Container Size (oz.)
My Essentials	Multigrain Tasteeos	Box	12.8
My Essentials	Tasteeos	Box	14
Our Family	4 Corner Crunch Original	Box	13
Our Family	4 Corner Crunch Original Multi-Grain Cereal	Box	15
Our Family	4 Corner Crunch Original Oat Cereal	Box	21
Our Family	Frosted Bite Size Shredded Wheat	Box	18, 24
Our Family	High Fiber Bran Flakes	Box	17.3
Our Family	Multi-Grain Toasted Oats	Box	12.8
Our Family	Nutty Nuggets	Box	24
Our Family	Strawberry Cream Frosted Bite Size Shredded Wheat	Box	16.3
Our Family	Toasted Oats	Box	14
Our Family	Wheat Biscuits	Box	14
Piggly Wiggly	Enriched Bran Flakes	Box	17.3
Piggly Wiggly	Frosted Shredded Wheat	Box	20.4
Piggly Wiggly	Toasted Oats	Box	15
Post	Alpha-Bits	Box	12
Post	Bran Flakes	Box	16
Post	Grape-Nuts	Box	20.5, 29
Post	Grape-Nuts Flakes	Box	18
Post	Great Grains Banana Nut Crunch	Box	15.5
Post	Honey Bunches of Oats Whole Grain Honey Crunch	Box	18
Post	Honey Bunches of Oats Whole Grain with Vanilla Bunches	Box	18
Post	Shredded Wheat Honey Nut	Box	20
Publix	Bran Flakes	Box	17.3
Publix	Frosted Wheat	Box	18
Publix	Nutty Nuggets	Box	24
Publix	Oat Crunch Original	Box	21
Publix	Toasted Oats	Box	14
Ralston	Frosted Shredded Wheat Bite Size	Box	18
Ralston	Oat Wise	Box	21
Ralston	Tasteeos	Box	14, 28
Ralston	Wheat Bran Flakes	Box	17.3, 28
Shurfine	Bran Flakes	Box	17.3
Shurfine	Frosted Bite Size Shredded Wheat	Box	18, 20.4
Shurfine	Lively Oats	Box	15
Shurfine	Nutty Crunchers	Box	24
Shurfine	Toasted Oats	Box	14
Shurfine	Wheat Squares	Box	14
Southern Home	Bran Flakes	Box	17.3

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Cereal

Brand Name	Product Name	Unit Container Type	Unit Container Size (oz.)
Southern Home	Frosted Shredded Wheat	Box	18
Southern Home	Toasted Oats	Box	14
Sunbelt Bakery	Simple Granola	Box	16

### **Bread: Must be an approved brand as specified on list below**

#### Approved

- 16 oz. loaf
- 100% whole-grain and/or whole-wheat bread

#### Not Approved

- Bagels, buns or rolls
- Organic bread

Brand Name	Product Name	Unit Container Size (oz.)
Bimbo	100% Whole Wheat Bread	16
Food Lion	100% Whole Wheat Sliced Bread	16
Pepperidge Farm	Jewish Rye Bread Whole Grain Rye Seeded	16
Pepperidge Farm	Very Thin 100% Whole Wheat Bread	16
Roman Meal	Sungrain 100% Whole Wheat Bread	16
Sara Lee	100% Whole Wheat Bread	16

### **Brown Rice: Must be an approved brand as specified on list below**

#### Approved

- 14 oz. – 16 oz. bag or box
- Plain, whole-grain brown rice
- Instant, quick or regular cooking

#### Not Approved

- Mixtures of rice
- Seasoned or flavored rice
- Brown rice with added sugar, fats, oils or salt (sodium)
- Organic brown rice

## Brown Rice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Best Choice	Boil-in-Bag Instant Rice Brown Rice	14	Box
Best Choice	Brown Rice	16	Bag
Best Choice	Instant Rice Brown Rice	14	Box
Best Yet	Instant Brown Rice	14	Box
Blue Ribbon	Whole Grain Brown Rice	16	Bag
C&F Foods	Boil-in-Bag Whole Grain Brown Rice	14	Box
C&F Foods	Brown Rice	16	Bag
Essential Everyday	Instant Brown Rice	14	Box

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Brown Rice

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Essential Everyday	Natural Brown Rice	16	Bag
Food Club	Boil-in-Bag Instant Brown Rice	14	Box
Food Club	Instant Brown Rice	14	Box
Food Lion	Boil-in-Bag Brown Rice	14	Box
Food Lion	Long Grain Instant Brown Rice	14	Box
Food Lion	Long Grain Natural Brown Rice	16	Bag
Great Value	Boil-in-Bag Instant Brown Rice	14	Box
Great Value	Brown Rice	16	Bag
Great Value	Instant Brown Rice	14	Box
Harris Teeter	Instant Brown Rice	14	Box
HY•TOP	Instant Precooked Brown Rice	14	Box
HY•TOP	Long Grain Brown Rice	16	Bag
Kroger	Boil-in-Bag Brown Rice Microwaveable	14	Box
Kroger	Brown Rice Microwaveable	14	Box
Kroger	Long Grain Brown Rice	16	Bag
Laura Lynn	Brown Rice	16	Bag
Laura Lynn	Instant Rice Brown Rice	14	Box
Lowes Foods	Instant Brown Rice	14	Box
Mahatma	Brown Rice	16	Bag
Minute	Instant Whole Grain Brown Rice	14	Box
My Essentials	Boil-in-Bag Brown Rice	14	Box
My Essentials	Long Grain Instant Brown Rice	14	Box
My Essentials	Long Grain Natural Brown Rice	16	Bag
Our Family	Brown Rice	16	Bag
Our Family	Instant Brown Rice	14	Box
Publix	Whole Grain Brown Rice	16	Bag
Publix	Whole Grain Instant Brown Rice	14	Box
Rice on the Side	Long Grain Brown Rice	16	Bag
Shurfine	Instant Brown Rice	14	Box
Southern Home	Brown Rice Long Grain	16	Bag
Southern Home	Instant Boil-in-Bag Brown Rice	14	Box
Southern Home	Instant Brown Rice	14	Box
Success	Boil-in-Bag Whole Grain Brown Rice	14	Box
Uncle Ben's	Natural Whole Grain Brown Rice	16	Box
Uncle Ben's	Whole Grain Boil-in-Bag Brown Rice	14	Box
Uncle Ben's	Whole Grain Fast & Natural Instant Brown Rice	14	Box

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Tortillas: Must be an approved brand as specified on list below

### Approved

- 16 oz. package
- Soft corn (yellow or white) tortillas
- Whole wheat tortillas

### Not Approved

- Hard-shelled corn tortillas
- Organic tortillas

### Tortillas - Soft Corn Tortillas (yellow or white)

Brand Name	Product Name	Unit Container Size (oz.)
Best Choice	Corn Tortillas	16
Essential Everyday	18 Corn Tortillas	16
Celia's	White Corn Tortillas	16
Celia's	Yellow Corn Tortillas	16
Chi-Chi's	White Corn Tortillas	16
Don Pancho	White Corn Tortillas	16
Food Club	White Corn Tortillas	16
La Banderita	Corn Tortillas	16
La Banderita	Grande Corn Tortillas Gluten Free	16
La Burrita	Corn Tortillas	16
Mission	Yellow Corn Tortillas Extra Thin	16

### Tortillas - Whole Wheat Tortillas

Brand Name	Product Name	Unit Container Size (oz.)
Best Choice	100% Whole Wheat Tortillas	16
Essential Everyday	100% Whole Wheat Tortillas	16
Celia's	Whole Wheat Tortillas	16
Don Pancho	Whole Wheat Tortillas	16
Great Value	Flour Tortillas Whole Wheat	16
Mission	100% Whole Wheat Flour Tortillas Fajita	16
Mission	100% Whole Wheat Flour Tortillas Medium Soft Taco	16
Ortega	Whole Wheat Tortillas	16

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Whole Wheat Pasta: Must be an approved brand as specified on list below

### Approved

- 16 oz. package
- 100% whole-grain and/or whole-wheat pasta
- All shapes

### Not Approved

- Added sugars, fats, oils or salt (i.e., sodium)
- Organic pasta

## Whole Wheat Pasta

Brand Name	Product Name	Unit Container Size (oz.)
Essential Everyday	Whole Wheat Elbow Macaroni	16
Essential Everyday	Whole Wheat Penne Rigate	16
Essential Everyday	Whole Wheat Rotini	16
Essential Everyday	Whole Wheat Spaghetti	16
Essential Everyday	Whole Wheat Thin Spaghetti	16
Hodgson Mill	Whole Wheat Spirals	16
Hodgson Mill	Whole Wheat Veggie Bows	16
Hodgson Mill	Whole Wheat Whole Grain Angel Hair	16
Hodgson Mill	Whole Wheat Whole Grain Elbows	16
Hodgson Mill	Whole Wheat Whole Grain Spaghetti	16
Hodgson Mill	Whole Wheat Whole Grain Thin Spaghetti	16
HT Traders	Whole Wheat Capellini	16
HT Traders	Whole Wheat Fusilli	16
HT Traders	Whole Wheat Penne Rigate	16
HT Traders	Whole Wheat Rigatoni	16
HT Traders	Whole Wheat Spaghetti	16
Racconto	100% Whole Wheat Pasta Capellini	16
Racconto	100% Whole Wheat Pasta Elbows	16
Racconto	100% Whole Wheat Pasta Farfalle	16
Racconto	100% Whole Wheat Pasta Linguine	16
Racconto	100% Whole Wheat Pasta Penne Rigate	16
Racconto	100% Whole Wheat Pasta Rigatoni	16
Racconto	100% Whole Wheat Pasta Rotini	16
Racconto	100% Whole Wheat Pasta Spaghetti	16

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Peanut Butter: Must be an approved brand as specified on list below

### Approved

- 16 oz. – 18 oz. containers
- Less-sugar varieties
- Lower-sodium varieties
- Reduced-fat varieties
- Plain, creamy, crunchy, chunky
- Natural varieties

### Not Approved

- Freshly ground peanut butter
- Peanut butter combinations (such as jelly, chocolate, honey, marshmallow)
- Peanut butter spread
- Organic peanut butter

## Peanut Butter

Brand Name	Product Name	Unit Container Size (oz.)
Always Save	Creamy Peanut Butter	18
Always Save	Crunchy Peanut Butter	18
Best Choice	Natural Creamy Peanut Butter	16
Best Choice	Peanut Butter Creamy	18
Best Choice	Peanut Butter Crunchy	18
Better Valu	Peanut Butter Creamy	18
Better Valu	Peanut Butter Crunchy	18
Clear Value	Peanut Butter Creamy	16
Clear Value	Peanut Butter Crunchy	16
Essential Everyday	Creamy Peanut Butter	16, 18
Essential Everyday	Extra Crunchy Peanut Butter	16, 18
Food Club	Creamy Peanut Butter	18
Food Club	Creamy Peanut Butter Reduced Sugar	17.3
Food Club	Crunchy Peanut Butter	18
Food Club	Natural Peanut Butter No Salt Added Creamy	16
Food Lion	Creamy Peanut Butter	16.3
Food Lion	Crunchy Peanut Butter	16.3
Food Lion	Reduced Sugar Creamy Peanut Butter	17.3
Great Value	Creamy Peanut Butter	18
Great Value	Crunchy Peanut Butter	18
Harris Teeter	Creamy Peanut Butter	18
Harris Teeter	Crunchy Peanut Butter	18
HY•TOP	Peanut Butter Creamy	18
HY•TOP	Peanut Butter Crunchy	18
IGA	Creamy Peanut Butter	18
IGA	Crunchy Peanut Butter	18
Jif	Creamy Peanut Butter	16, 18
Jif	Extra Crunchy Peanut Butter	16, 18
Kroger	Creamy Peanut Butter	16, 18
Kroger	Crunchy Peanut Butter	16, 18
Kroger	Just Right Low Sugar and Sodium Creamy Peanut Butter	17.3

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Peanut Butter

Brand Name	Product Name	Unit Container Size (oz.)
Laura Lynn	All Natural Creamy Peanut Butter	16
Laura Lynn	Creamy Peanut Butter	18
Laura Lynn	Creamy Peanut Butter Reduced Sugar & Sodium	17.3
Laura Lynn	Crunchy Peanut Butter	18
Laura Lynn	No Stir All Natural Creamy Peanut Butter	16.3
Lowes Foods	Creamy Peanut Butter	18
Lowes Foods	Crunchy Peanut Butter	18
Market Pantry	All Natural Creamy Peanut Butter	16
Market Pantry	All Natural Crunchy Peanut Butter	16
Market Pantry	Creamy Peanut Butter	18
Market Pantry	Extra Crunchy Peanut Butter	18
My Essentials	Creamy Peanut Butter	16.3
My Essentials	Crunchy Peanut Butter	16.3
Our Family	Creamy Peanut Butter	16, 18
Our Family	Crunchy Peanut Butter	16, 18
Panner	Creamy Peanut Butter	16.3, 18
Panner	Crunchy Peanut Butter	16.3, 18
Peter Pan	Creamy Peanut Butter	16.3
Peter Pan	Crunchy Peanut Butter	16.3
Publix	All Natural Creamy Peanut Butter	16
Publix	All Natural Crunchy Peanut Butter	16
Publix	Creamy Peanut Butter	18
Publix	Crunchy Peanut Butter	18
Reese's	Creamy Peanut Butter	18
Shoppers Value	Creamy Peanut Butter	16, 18
Shoppers Value	Crunchy Peanut Butter	16, 18
Shurfine	Creamy Natural Peanut Butter	16
Shurfine	Creamy Peanut Butter	18
Shurfine	Crunchy Peanut Butter	18
Skippy	Creamy Peanut Butter	16.3
Skippy	Super Chunk Peanut Butter	16.3
Southern Home	Natural Peanut Butter Creamy	16
Southern Home	Natural Peanut Butter Crunchy	16
Southern Home	Peanut Butter Creamy	16, 18
Southern Home	Peanut Butter Crunchy	16, 18
Wild Oats	Natural Creamy Peanut Butter	16
Wild Oats	Natural Crunchy Peanut Butter	16



# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Mature Legumes (Beans, Peas, Lentils): Size and type as listed on food instrument

### Approved

- 16 oz. bag or box
- 15 oz. – 16 oz. cans
- **DRY BEANS, PEAS, LENTILS**
  - Any type of plain, unseasoned mature dry beans, peas or lentils
- **CANNED BEANS, PEAS, LENTILS**
  - Any type of plain, unseasoned mature canned beans, peas or lentils
  - Low-sodium mature canned beans, peas or lentils

### Not Approved

- Canned beans with meat or added sugars, fat or oils
- Frozen mature legumes (beans, peas or lentils)
  - **May obtain with cash-value vouchers – not allowed with food instruments**
- Green beans or green peas (canned, fresh or frozen)
  - **May obtain with cash-value vouchers – not allowed with food instruments**
- Organic dry beans, peas or lentils
- Soup mixes

## Eggs: Size and type as listed on food instrument

### Approved

- One dozen container
- Least expensive brand available
- Large, white, grade A chicken eggs

### Not Approved

- Brown eggs
- Powdered, liquid or hard boiled eggs
- Specialty eggs such as low-cholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or organic eggs

## Canned Fish: Size and type as listed on food instrument

### Approved

- 5 oz. – 6 oz. cans or foil packs
- **Pink Salmon:** Any brand, plain, unseasoned, packed in water, with or without bones
- **Chunk-Light Tuna:** Any brand, plain, unseasoned, packed in water

### Not Approved

- Fish with added ingredients
- Lunch packs or kits

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Formulas or Nutritional Products

### Approved

- Only the brand, size, type and quantity specified on the food instrument

## Infant Cereal: Must be an approved brand as specified on list below

### Approved

- 8 oz. containers
- Plain, dry infant cereal

### Not Approved

- Infant cereal with added fruit or formula
- Infant cereal with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant cereal

## Infant Cereal

Brand Name	Product Name	Unit Container Size (oz.)
Baby Basics	Oatmeal Cereal	8
Baby Basics	Rice Cereal	8
Beech-Nut	Multigrain Cereal	8
Beech-Nut	Oatmeal Cereal	8
Beech-Nut	Rice Cereal	8
Comforts for Baby	Oatmeal Cereal	8
Comforts for Baby	Rice Cereal	8
Gerber	Mixed Grain Cereal	8
Gerber	Multi Grain Cereal	8
Gerber	Oatmeal Cereal	8
Gerber	Rice Cereal	8
Gerber	Whole Wheat Cereal	8
HOME 360	Oatmeal Cereal	8
HOME 360	Rice Cereal	8
Kuddles	Rice Cereal	8
Tippy Toes	Oatmeal Cereal	8
Tippy Toes	Rice Cereal	8
Up & Up	Oatmeal Cereal	8
Up & Up	Rice Cereal	8

# North Carolina WIC Program Approved Foods

Effective October 1, 2015

## Infant Meats: Must be an approved brand as specified on list below

### Approved

- 2.5 oz. containers
- Plain meat with gravy or with broth

### Not Approved

- Meat and pasta mixtures
- Meat and vegetable mixtures
- Infant meats with added sugars or salt (sodium)
- Infant meats with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant meats

## Infant Meats

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Baby Basics	Chicken with Gravy	2.5	Glass
Baby Basics	Turkey with Gravy	2.5	Glass
Beech-Nut	Classics Beef & Beef Broth	2.5	Glass
Beech-Nut	Classics Chicken & Chicken Broth	2.5	Glass
Beech-Nut	Classics Turkey & Turkey Broth	2.5	Glass
Gerber	2 <sup>nd</sup> Foods Beef & Beef Gravy	2.5	Glass
Gerber	2 <sup>nd</sup> Foods Chicken & Chicken Gravy	2.5	Glass
Gerber	2 <sup>nd</sup> Foods Ham & Ham Gravy	2.5	Glass
Gerber	2 <sup>nd</sup> Foods Turkey & Turkey Gravy	2.5	Glass
Tippy Toes	Stage 2 Beef with Gravy	2.5	Glass
Tippy Toes	Stage 2 Chicken with Gravy	2.5	Glass
Tippy Toes	Stage 2 Turkey with Gravy	2.5	Glass

## Infant Fruits: Must be an approved brand as specified on list below

### Approved

- 4 oz. containers (single)
- 3.5 oz. – 4 oz. containers (2-pack)
- Single fruit or blend of fruits

### Not Approved

- Infant fruit and vegetable mixtures
- Infant fruits with added sugar, starches or salt (sodium)
- Infant fruits with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant fruits

## Infant Fruits

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Baby Basics	Stage 2 Apple Banana	4	Glass
Baby Basics	Stage 2 Apple Blueberry	4	Glass
Baby Basics	Stage 2 Apple Mango	4	Glass
Baby Basics	Stage 2 Apple Strawberry	4	Glass
Baby Basics	Stage 2 Applesauce	4	Glass

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## Infant Fruits

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Baby Basics	Stage 2 Pears	4	Glass
Beech-Nut	Stage 2 Classics Apple & Banana	4	Glass
Beech-Nut	Stage 2 Classics Apple & Blueberry	4	Glass
Beech-Nut	Stage 2 Classics Apple & Cherry	4	Glass
Beech-Nut	Stage 2 Classics Apple, Mango & Kiwi	4	Glass
Beech-Nut	Stage 2 Classics Apple, Pear & Banana	4	Glass
Beech-Nut	Stage 2 Classics Apples	4	Glass
Beech-Nut	Stage 2 Classics Apricot, Pear & Apple	4	Glass
Beech-Nut	Stage 2 Classics Banana & Mixed Berry	4	Glass
Beech-Nut	Stage 2 Classics Banana & Strawberry	4	Glass
Beech-Nut	Stage 2 Classics Bananas	4	Glass
Beech-Nut	Stage 2 Classics Mango	4	Glass
Beech-Nut	Stage 2 Classics Peaches	4	Glass
Beech-Nut	Stage 2 Classics Pear & Pineapple	4	Glass
Beech-Nut	Stage 2 Classics Pear & Raspberry	4	Glass
Beech-Nut	Stage 2 Classics Pears	4	Glass
Comforts for Baby	Stage 2 Banana	4	Plastic/Pouch
Gerber	2 <sup>nd</sup> Foods Apple Blueberry	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Apple Blueberry	4	Glass
Gerber	2 <sup>nd</sup> Foods Apple Blueberry	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Apple Strawberry Banana	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Apple Strawberry Banana	4	Glass
Gerber	2 <sup>nd</sup> Foods Apple Strawberry Banana	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Apples	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Apples	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Apples & Cherries	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Apples & Cherries	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Applesauce	4	Glass
Gerber	2 <sup>nd</sup> Foods Banana Mixed Berries	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Banana Mixed Berries	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Banana Orange Medley	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Banana Orange Medley	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Banana Plum Grape	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Banana Plum Grape	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Bananas	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Bananas	4	Glass
Gerber	2 <sup>nd</sup> Foods Bananas	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Bananas with Apples & Pears	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Bananas with Apples & Pears	4 (2-pk.)	Plastic

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## Infant Fruits

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Gerber	2 <sup>nd</sup> Foods Peaches	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Peaches	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Pear Pineapple	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Pear Pineapple	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Pears	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Pears	4	Glass
Gerber	2 <sup>nd</sup> Foods Pears	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Prunes with Apples	4 (2-pk.)	Plastic
Tippy Toes	Stage 2 Apple Apricot	4	Glass
Tippy Toes	Stage 2 Apple Banana	4	Glass
Tippy Toes	Stage 2 Apple Blueberry	4	Glass
Tippy Toes	Stage 2 Apple Mango	4	Glass
Tippy Toes	Stage 2 Apple Pear Banana	4	Glass
Tippy Toes	Stage 2 Apple Prune	4	Glass
Tippy Toes	Stage 2 Apple Wild Blueberry	4	Glass
Tippy Toes	Stage 2 Applesauce	4	Glass
Tippy Toes	Stage 2 Banana Strawberry Blueberry	3.5	Plastic/Pouch
Tippy Toes	Stage 2 Pears	3.5	Plastic/Pouch
Tippy Toes	Stage 2 Pears	4	Glass
Tippy Toes	Stage 2 Tropical Fruit	4	Glass
Up & Up	1 <sup>st</sup> Stage Apple	3.5 (2-pk.)	Plastic/Pouch
Up & Up	1 <sup>st</sup> Stage Banana	3.5 (2-pk.)	Plastic/Pouch
Up & Up	1 <sup>st</sup> Stage Banana & Plum	3.5 (2-pk.)	Plastic/Pouch

## Infant Vegetables: Must be an approved brand as specified on list below

### Approved

- 4 oz. containers (single)
- 3.5 oz. – 4 oz. containers (2-pack)
- Single vegetable or blends of vegetables

### Not Approved

- Infant vegetable and fruit mixtures
- Infant vegetables with added sugar, starches or salt (sodium)
- Infant vegetables with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant vegetables

## Infant Vegetables

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Baby Basics	Stage 2 Carrots	4	Glass
Baby Basics	Stage 2 Mixed Vegetables	4	Glass

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## Infant Vegetables

Brand Name	Product Name	Unit Container Size (oz.)	Unit Container Type
Baby Basics	Stage 2 Squash	4	Glass
Baby Basics	Stage 2 Sweet Potato	4	Glass
Beech-Nut	Stage 2 Classics Corn & Sweet Potatoes	4	Glass
Beech-Nut	Stage 2 Classics Garden Vegetables	4	Glass
Beech-Nut	Stage 2 Classics Green Beans	4	Glass
Beech-Nut	Stage 2 Classics Mixed Vegetables	4	Glass
Beech-Nut	Stage 2 Classics Squash	4	Glass
Beech-Nut	Stage 2 Classics Sweet Carrots	4	Glass
Beech-Nut	Stage 2 Classics Sweet Peas	4	Glass
Beech-Nut	Stage 2 Classics Sweet Potatoes	4	Glass
Gerber	2 <sup>nd</sup> Foods Butternut Squash	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Carrots	4	Glass
Gerber	2 <sup>nd</sup> Foods Carrots	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Carrots	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Garden Vegetables	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Garden Vegetables	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Green Beans	4	Glass
Gerber	2 <sup>nd</sup> Foods Green Beans	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Green Beans	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Mixed Vegetables	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Mixed Vegetables	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Peas	4	Glass
Gerber	2 <sup>nd</sup> Foods Peas	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Peas	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Squash	4	Glass
Gerber	2 <sup>nd</sup> Foods Squash	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Sweet Potatoes	4	Glass
Gerber	2 <sup>nd</sup> Foods Sweet Potatoes	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Sweet Potatoes	4 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Sweet Potatoes & Corn	3.5 (2-pk.)	Plastic
Gerber	2 <sup>nd</sup> Foods Sweet Potatoes & Corn	4 (2-pk.)	Plastic
Tippy Toes	Stage 2 Carrots	4	Glass
Tippy Toes	Stage 2 Mixed Vegetables	4	Glass
Tippy Toes	Stage 2 Peas	4	Glass
Tippy Toes	Stage 2 Squash	4	Glass
Tippy Toes	Stage 2 Sweet Potatoes	4	Glass

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## Cash-value Vouchers: Fruits and Vegetables

### Approved

#### **FRUITS with no added sugar, fats, oils or salt**

- Fresh fruit
- Frozen fruit
- Fruit, juice-packed or water-packed in cans, glass or plastic containers
- Organic fruits
- Pre-cut, diced or sliced fruit
- Single serving packets

#### **VEGETABLES with no added sugar, fats or oils**

- Fresh vegetables
- Frozen mature legumes (beans, peas or lentils)
- Frozen vegetables
- Low-sodium vegetables
- Organic vegetables
- Pre-cut, diced, sliced or shredded vegetables
- Salsa, canned tomato sauce or canned tomato paste
- Single serving packets
- Vegetables in cans, glass or plastic containers

### Not Approved

- Breaded vegetables
- Catsup or other condiments
- Dried fruits
- Dried vegetables
- Dry or canned mature legumes (beans, peas or lentils)
  - **May obtain when listed on food instruments – not allowed with cash-value vouchers**
- Fruit and/or vegetable juices
  - **May obtain when listed on food instruments – not allowed with cash-value vouchers**
- Fruit baskets
- Fruit leathers and fruit roll-ups
- Fruit or vegetable items on party trays
- Fruit or vegetable items on salad bars
- Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables
- Fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup
- Fruit packed in cans, glass or plastic containers with artificial sweeteners
- Herbs used for flavoring
- Infant fruits and vegetables
- Ornamental and decorative fruits and vegetables
- Pickled vegetables, olives
- Soups