

Cheese

APPROVED

Must Be

16 oz package when "1 LB cheese" is printed on the WIC check

Made from pasteurized cow's milk

Made in USA

These types:

Cheddar (mild, medium, or sharp, yellow or white)

Colby

Colby Jack

Colby Monterey Jack

Monterey Jack

Mozzarella



You Can Choose

8 oz package only when "kosher cheese" is printed on the WIC check

Two 16 oz packages when "2 LB cheese" is printed on the WIC check

One 32 oz package when "2 LB cheese" is printed on the WIC check

Any brand

Calcium and/or Vitamin D fortified

Fat free, lowfat, and reduced fat

Part skim or whole

Reduced sodium

NOT APPROVED

Do Not Buy

Single serving sticks or packets

No added flavors, herbs, nuts, seeds, spices, or vegetables

Cheese from raw milk

Cracker cut

Cream cheese

Deli cheese

Diced, crumbled, cubed, cut, grated, shredded, or sliced

DHA/ARA

Extra sharp cheddar

Fresh mozzarella

Goat or sheep cheese

Imported

Lactose free

Muenster

Organic

Parmesan

Pepper Jack

Processed pasteurized American

Provolone

Queso fresco

Ricotta

String cheese

Swiss

Unpasteurized

Vintage cheese