Peanut Butter

BUY

Buy any brand of peanut butter in a 16 oz to 18 oz jar.

Choose from creamy, chunky, plain, or honey roasted peanut butter.

16 oz jar

18 oz jar

DO NOT BUY

- Added jams, jellies, or chocolate
- Bulk • Gourmet or fresh ground
- Organic • Reduced fat

Dried Beans, Peas or Lentils

BUY

Buy any brand and variety of plain dried peas, beans, or lentils. Organic is allowed.

Choose bulk or bagged.

DO NOT BUY

- Canned • Soup mixes

Infant Formula

BUY

Buy only the brand and type listed on the check.

DO NOT BUY

- Enfamil LIPIL • Enfamil Prosobee LIPIL
- Similac Advance • Isomil Advance

Infant Cereal

BUY *Buy These Brands Only:*

Choose an 8 oz or 16 oz box.

DO NOT BUY

- Infant cereal with added fruit or formula
- Canned infant cereal

Milk

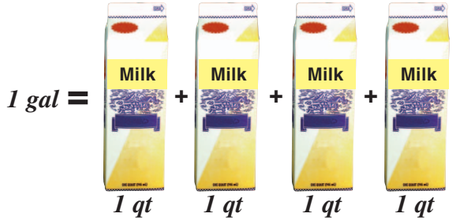
BUY

Buy any brand and combination of WIC approved cow's milk up to the amount on the check.

Choose from these types of fortified milk:

- Whole (up to 5%)
- Reduced Fat 2%
- Low Fat 1%
- Fat Free
- Non-Fat
- Skim
- Lactose Free
- Lactose Reduced
- Lactaid
- Acidophilus
- Kosher
- Organic
- Skim Deluxe
- Trim Deluxe
- Skim Royal
- Skim Supreme

1 gal *1/2 gal* *1/2 gal*



1 qt *1 qt* *1 qt* *1 qt*

Powdered and evaporated milk are allowed when printed on the check.

DO NOT BUY

- Flavored milk • Glass bottles • Raw or unpasteurized milk • Soy or rice milk

Carrots & Tuna *For Breastfeeding Women*

BUY

Buy any brand of whole or baby carrots. Organic is allowed.

DO NOT BUY

- Added vegetables, sauces, or flavors

Breastfeeding Is Best!

BUY

Buy any brand of plain canned tuna packed in water or oil.

Choose solid white, solid albacore, chunk white, or chunk light.

DO NOT BUY

- Fresh tuna • Smoked or flavored tuna • Special diet tuna • Tuna in the pouch or snack pack

WASHINGTON STATE
WIC PROGRAM
WIC FOODS

Effective
April 1, 2003–March 31, 2006

The Washington State WIC Program is an equal opportunity provider and employer.

Cheese

BUY

Buy any brand and combination of WIC approved cheese up to the amount listed on the check.

Choose from these types of plain, block cheese:

- **Cheddar** (mild, medium or sharp, yellow or white)
- **Kraft Deluxe American** (unsliced)
- **Monterey Jack**
- **Mozzarella** (whole or part-skim)
- **String Cheese** (white only, multi-stick bag or individually wrapped sticks)
- **Swiss**

16 oz = 1 lb = 1 pound

Non-fat, reduced fat and "light" cheese are allowed.

DO NOT BUY

- Goat cheese • Organic cheese
- Sliced, shredded, grated, or cubed
- Specialty cheese • Raw or unpasteurized

Cereal

BUY *Buy These Cereals Only:*

Choose any combination of WIC cereal to total 36 oz or less.

9 oz box	+	*9 oz box*	+	*9 oz box*	+	*9 oz box*	=	*36 oz*
15 oz box	+	*1 lb, 2 oz box*					=	*33 oz*
1 lb, 5 oz box	+	*9 oz box*					=	*30 oz*

Juice

BUY *Buy These Brands Only:*

Choose combinations of frozen juice concentrate or full strength juice in cans or bottles, up to the amount listed on the WIC check.

Calcium fortified juice is approved, but not recommended for infants.

10 oz, 11.5 oz or 12 oz *(frozen concentrate)*

46 oz plastic bottles

46 oz cans

Chicken Eggs

BUY

Buy any brand of white chicken eggs in dozen (12 count) cartons, small, medium or large.

DO NOT BUY

- Brown eggs • Fertile eggs • Organic eggs
- Specialty eggs

Using WIC Checks

- Choose WIC approved foods in the amounts listed on your WIC checks.
- Remember, you do not have to buy all the foods listed on the WIC check.
- Separate WIC foods from other items you are buying.
- Keep each WIC check's food separate.
- Hand your WIC check to the cashier when you arrive at the check stand.
- Sign the 2nd signature box after the checker writes the purchase amount on the check.
- Do not pay cash. Do not accept cash back or rain checks.
- Get answers to your questions about using WIC checks or shopping for WIC foods from your clinic, the State WIC office, or the store manager.

WA State Department of Health
WIC Program State Office
1-800-841-1410

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