### Exclusively Breastfeeding Women

**GROCERY LIST**

Find WIC foods while shopping. Use your smartphone to search for WA WIC Foods.

To learn more see the current WIC Shopping Guide or visit: [www.doh.wa.gov/WICfoods](http://www.doh.wa.gov/WICfoods).

#### Cereal
- **Cold Breakfast Cereal:**
  - Alpha Bits
  - Cheerios (Plain)
  - Cheerios Multi Grain (Plain)
  - Corn Chex (Plain)
  - Dora the Explorer (Cinnamon)
  - Great Grains Banana Nut Crunch
  - Kellogg’s Corn Flakes (Plain)
  - Kellogg’s Frosted Little Bites
  - Kellogg’s Frosted Mini Wheats (Original)
  - Kellogg’s Rice Krispies (Plain)
  - Kix (Plain)
  - Post Grape Nuts
  - Post Grape Nuts Flakes
  - Rice Chex (Plain)
  - Sunbelt Bakery Simple Granola
  - Wheat Chex (Plain)

#### Bran Flakes:
- Essential Everyday
- Food Club
- Great Value
- IGA
- Kroger
- Signature Kitchens
- Western Family

#### Hot Cereal:
- Cream of Rice
- Cream of Wheat
- Cream of Wheat Whole Grain
- Essential Everyday Grits Original
- Malt-O Meal Original

#### White Eggs

#### Canned Fish (in water)
- Chunk Light Tuna
- Pink Salmon
- Sardines

#### Cheese

#### Dried Beans/Peas/Lentils

#### Peanut Butter

#### 100% Juice
- Cans or Plastic Bottles (46 oz):
  - Tomato
  - Vegetable
- Frozen (11.5 oz or 12 oz):
  - Apple
  - Orange
  - Grape
  - Pineapple
  - Grapefruit
  - Mixed Fruit

#### Milk
- Nonfat
- 1%

**When printed on the WIC check:**
- Lactose Free
- Evaporated
- Dry

#### Whole Grain Choices
- Brown Rice
- Bulgur
- Oatmeal
- Soft Tortillas (Corn or Wheat)
- Whole Wheat Pasta
- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Buns
- 100% Whole Wheat Hot Dog Buns

#### Fresh or Frozen Fruits

#### Fresh or Frozen Vegetables

**When printed on the WIC check:**
- Canned Beans
- Tofu
- Goat Milk
- Yogurt
- Soy Beverage

See the WIC Shopping Guide for foods allowed by WIC.