

CHEESE

BUY

Must Be

Only the amount printed on the WIC check

1 lb = 16 oz, or 2 lb = 32 oz

8 oz if Kosher

Made from pasteurized cow 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

Any brand

Calcium and/or Vitamin D fortified

Fat free, low fat, and reduced fat

Part skim or whole

Reduced sodium

DON'T BUY

With added flavors, herbs, nuts, seeds, spices, or vegetables

Single serving sticks or packets

Cheese made from raw milk

Cotija

Cracker cut

Cream cheese

Deli cheese

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

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