



# Florida WIC Foods

July 2020



Florida Department of Health  
WIC Program

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**This institution is an equal opportunity provider.**

DH 150-712, 7/2020

## Whole Grains

### 100% Whole Wheat Bread & Buns

**16 oz. (1 lb.) loaf or package only**

**Allowed brands:**

- Arnold "Sliced Buns" and "Sliced Hot Dog Buns"
- Nature's Own "Sugar Free" and "with Honey"
- Pepperidge Farm "Swirl," "Light Style," "Stone Ground" and "Very Thin"
- Sara Lee
- Wonder
- Any store brand



### 100% Whole Wheat Pasta

**16 oz. (1 lb.) size only**

**ANY BRAND, ANY SHAPE**

**100% whole wheat pasta** (macaroni product).

"Whole wheat flour" and/or "whole durum wheat flour" must be the only flours listed in the ingredient list.

No added vegetables, sugars, fats, oils, or salt (sodium).



### 100% Whole Wheat Tortillas

**16 oz. (1 lb.) bag only**

**ANY BRAND**

**100% whole wheat tortillas**

"Whole wheat flour" must be the only flour listed in the ingredient list.

#### Corn Tortillas

**16 oz. (1 lb.) bag only**

**Allowed brands:** ■ Essential Everyday

- Best Choice
- Chi-Chi's
- Daisy
- Food Club
- La Autentica
- La Banderita
- La Real
- Mi Panchito
- Mi Tia
- Mission

No taco shells or tortilla chips.



### Brown Rice

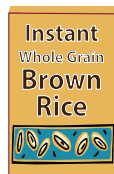
**ANY BRAND**

**14 to 16 oz. bag or box = 1 lb.**

**28 to 32 oz. bag or box = 2 lb.**

Regular, Instant, Boil-in-Bag, Basmati, Jasmine, Short Grain, and Long Grain are allowed.

No white rice or wild rice. No added ingredients such as seasonings. No rice in jars. No frozen rice.



## Whole Grains

### Oatmeal or Oats

ANY BRAND OATMEAL

**ANY BRAND** Instant, Quick, Old Fashioned, or Rolled

**16 oz. (1 lb.) OR 32 oz. (2 lb.) bag, box, or container**

**Allowed brands include:**

- Hodgson Mill
- Bob's Red Mill
- Vitarroz
- Finest Brand
- Madame Gougousse
- Mom's Best
- Goya
- Molinera
- Lakay
- El Sabor
- McCann's
- JCS
- N'ap boule
- Iberia
- Ti Machan'n
- Yummy

Note: 16 oz. and 32 oz. Oatmeal or Oats may be purchased as **Whole Grains** while 11.8 oz. and 23.7 oz. Quaker, Ralston, and store brands of Instant Oatmeal Original/Regular may be purchased as **Breakfast Cereal**.



### Bulgur or Cracked Wheat

**ANY BRAND** 16 oz. (1 lb.) OR 32 oz. (2 lb.) bag, box, or container



## 100% Fruit Juice

**Children receive juice in 64 fl. oz. bottles (btl), cartons, or jugs.**

A gallon size (128 fl. oz.) bottle of juice will count as 2 (two) 64 fl. oz. bottles.

A 16 fl. oz. can of juice concentrate can be bought instead of a 64 fl. oz. bottle.

**Women receive juice in 48 fl. oz. bottles (btl) or 6-pack of 8 fl. oz. cartons.** A 96 fl. oz. bottle of juice will count as 2 (two) 48 fl. oz. bottles. An 11.5 or 12 fl. oz. can of juice concentrate can be bought instead of a 48 fl. oz. bottle.

Apple, Grape, Pineapple, and White Grape Juices must be labeled as 72 mg (80%) or more vitamin C per 8 fl. oz. serving OR 120% or more vitamin C per 8 fl. oz. serving when mg of vitamin C are not listed on label. May buy juice that has added calcium or vitamin D.

No added sugar or syrup. No juice drinks, beverages, cocktails, or "light" juice. No juice blends.

### Refrigerated Plastic Jugs or Cartons



**ANY BRAND**

Gallon (128 fl. oz.)

- Orange

**ANY BRAND** Half-gallon (64 fl. oz.)

- Orange
- Grapefruit: Pink, Ruby Red and White

**Tropicana 6-pack of 8 fl. oz. cartons (48 fl. oz.)**

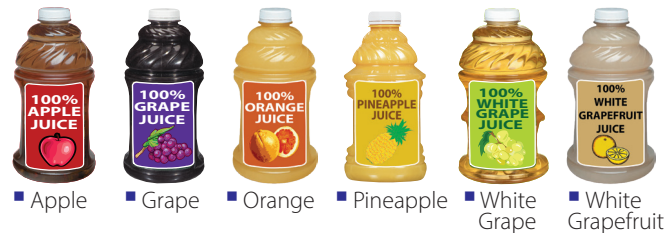
- Orange

### Plastic Bottles or Jugs

**ANY BRAND** 48, 64, 96, and 128 fl. oz. sizes

**Apple** is the only allowed flavor of Juicy Juice. Note: Other Juicy Juice products such as Grape, White Grape, and Orange Tangerine are not allowed because they are juice blends.

No Apple Cider or Natural Apple Juice. No Kedem Juice. No Welch's 96 fl. oz. size. No Welch's with Fiber.



- Apple
- Grape
- Orange
- Pineapple
- White Grape
- White Grapefruit

### Frozen Concentrate

**ANY BRAND** 11.5, 12, and 16 fl. oz. sizes

- Apple
- Grape
- Orange
- Pineapple
- White Grape
- White Grapefruit



Welch's frozen concentrate must have yellow top.



# Breakfast Cereal

**9 to 36 oz. box or bag** Allowed items are only those listed. Cereals with ★ contain 51% or more whole grain. GF = Gluten Free  
 No other sizes, flavors, or varieties are allowed.

## General Mills



Cheerios ★GF MultiGrain Cheerios★GF Blueberry Chex GF Cinnamon Chex GF Corn Chex GF Rice Chex GF Vanilla Chex GF Wheat Chex★ Wheaties★ Total Whole Grain★ Berry Berry Kix★ Honey Kix★ Kix★

## Kellogg's



All Bran Complete Wheat Flakes★ Corn Flakes Crispix Rice Krispies Special K: Original Banana Special K Protein: Original Honey Almond Multi-Grain★ Ancient Grains★ Frosted Mini-Wheats: Original★ Little Bites★ Filled Mixed Berry★ Blueberry★ Strawberry★ Pumpkin Spice★

## Post



Great Grains: Banana Nut Crunch★ Crunchy Pecan★ Grape-Nuts★ Grape-Nuts Flakes★ Honey Bunches of Oats: Honey Roasted with Almonds with Vanilla Bunches★ Whole Grain Honey Crunch★ Pecan & Maple Brown Sugar

## Malt O Meal



Hot Wheat Original Farina Original

## Quaker



Instant Grits Original Instant Oatmeal Original★ Oatmeal Squares: Brown Sugar★ Cinnamon★ Golden Maple★ Honey Nut★ Life: Original★ Vanilla★ Strawberry★ 3 Minutos★



Frosted Mini Spooners★



Strawberry Cream Mini Spooners★



Crispy Rice GF

## Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes★
- Corn Flakes
- Corn Squares, Biscuits, Crisps, or Bites
- Crisp Rice/Crispy Rice
- Crispy Hexagons (Corn & Rice)
- Essentially You/Toasted Rice
- Frosted Shredded Wheat/Frosted Wheat★
- Instant Grits – Original/Regular
- Instant Oatmeal – Original/Regular★ (11.8 oz.)
- Strawberry Frosted Shredded Wheat★
- MultiGrain Flakes
- MultiGrain Medley, Tasteeos, Spins, or Toasted Cereal★
- Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat★
- Oat Crunch/Oat Wise/Oat Squares/Lively Oats
- Oats & More with Almonds/Almonds & Oats
- Oats & More with Honey/Honey & Oats
- Rice Squares, Biscuits, Crisps, or Pockets
- Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O's★
- Wheat Flakes
- Wheat Squares, Biscuits, or Crisps★

## Cream of Wheat or Rice



Cream of Rice: Stove Top & Instant GF Cream of Wheat: Whole Grain★ 2½ minute, 1 minute & Instant

Keep track of the cereal balance left on your WIC EBT card. Plan your cereal purchase so you are able to use all of the ounces (oz) for the month. If you buy 12, 18, 24, and 36 oz. sizes of cereals, you will be more likely to use all of your cereal ounces.

## Milk

### ◆ LEAST EXPENSIVE BRAND

Your shopping list will state the allowed fat level, quantity, size, and type of milk that you may purchase.

May buy calcium fortified/enriched milk or milk with probiotics such as acidophilus or bifidus if it is the LEAST EXPENSIVE AVAILABLE of that size and fat level.

No goat's milk, nut milk, rice milk, or other grain milks.  
No flavored milk, kefir, or buttermilk.

**Whole Milk** (for children 1 year of age)

**1% Lowfat or Fat Free Milk** (for women and children 2 years of age and older)

**2% Reduced Fat Milk** (under special circumstances for women and children)

**Refrigerated milk**

- ◆ Gallon = gal
- ◆ Half-gallon = hgl
- ◆ Quart = qt
- ◆ 2 pack of gallon size = 2 gal



The following types of milk may only be purchased when listed on the shopping list:

**Evaporated Milk**

- ◆ 12 fl. oz. can evaporated milk (whole)
- ◆ 12 fl. oz. can fat free evaporated milk (skim)

No filled milk. No "2% lowfat" evaporated milk.



**Lactose Free Milk**

- ◆ Half-gallon = 0.50 gal
- ◆ 96 fl. oz. = 0.75 gal
- ◆ Quart = 0.25 gal

**Nonfat Dry Milk**

- ◆ 3.2 oz. pouch (makes 1 quart) = 0.25 gal
- ◆ 9.6 oz. container (makes 3 quarts) = 0.75 gal
- ◆ 16 oz. box (makes 5 quarts) = 1.25 gal
- ◆ 25.6 oz. box/pouch (makes 8 quarts) = 2.00 gal
- ◆ 32 oz. box (makes 10 quarts) = 2.50 gal
- ◆ 64 oz. box (makes 20 qt) = 5.00 gal

**UHT Milk**

- ◆ Quart = qt

### Soy Milk or Soy Beverage

◆ **Allowed refrigerated brands:**

- 8th Continent Original - half-gallon
- 8th Continent Vanilla - half-gallon
- Great Value Original - half-gallon
- Silk Original - 64 fl. oz. or 32 fl. oz.

◆ **Allowed shelf-stable brands:**

- Pacific Foods Ultra Soy Original - 32 fl. oz.
- Silk Original - 32 fl. oz.

Half gallon (64 fl. oz.) or 2 quarts = 1 hgl

2 pack of half gallon size = 2 hgl

1 quart (32 fl. oz.) = 0.5 hgl



## Cheese

### ANY BRAND

8 oz. or 16 oz. (1 lb.) package slices, shredded, block, round, string, or cubes of cheeses listed below. Whole milk, part skim, reduced fat, lowfat, and any blends of the cheeses listed below are allowed. Non-smoked and smoked cheeses are allowed.

- |   |                        |            |
|---|------------------------|------------|
| ■ American Deluxe                             | ■ Monterey Jack        | ■ Muenster |
| ■ Cheddar - mild, medium, sharp & extra sharp | ■ Provolone            |            |
| ■ Colby                                       | ■ Mozzarella           | ■ Swiss    |
| ■ Colby Jack                                  | ■ Mozzarella Cheddar   |            |
| ■ Cheddar Jack                                | ■ Mozzarella Provolone |            |

No cheese product or cheese food. No individually-wrapped slices. No other sizes, flavors, or varieties. No cheese with added ingredients such as Pepper Jack. No imported cheese. No fat free cheese.



## Fruits and Vegetables



### Fresh

- **ANY BRAND**, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.
- Whole or cut up.
- Loose or packed in bags or plastic containers.
- Fresh garlic, onions, scallions, cassava, and yuca are allowed.

### Canned (also includes plastic or glass containers)

- **ANY BRAND**, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- Canned fruit must be packed in water or fruit juice and may not have added salt.
- Canned vegetables may be with or without salt and may have added seasonings or spices.
- Applesauce with no sugar added and applesauce/fruit blends with no sugar added.
- Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes, and salsa with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed. *Note: Canned green peas and whole kernel corn may have added sugar. Mixed vegetables may include any type of bean.*

### Frozen

- **ANY BRAND**, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.
- Any frozen beans or peas such as lima beans and blackeye peas are allowed.

**All types of fresh, frozen, and canned potatoes are allowed** as long as they have no added sugar, syrup, artificial sweeteners, fat, oil or meat.

- No items from the salad bar, party trays, or fruit baskets.
- No decorative fruits or vegetables, painted pumpkins, or gourds.
- No herbs and spices. No minced garlic in jars. No ginger root.
- No edible blossoms, flowers, or plants.
- No dried or dehydrated fruits or vegetables.
- No baby and toddler fruits and vegetables.
- No pouches of fruit purees or fruit pulps. No frozen fruit bars.
- No beverages such as fruit juice, tomato juice, and vegetable juice.
- No nuts, coconuts, or fruit-nut mixtures.
- No ketchup, relishes, pickles, olives, sauerkraut, or mustard.
- No jelly, jams, fruit preserves, or apple butter.
- No dry or canned beans/peas that are allowed in Beans category.

If the total price of the allowed fruits and vegetables selected by the WIC customer is more than the dollar limit of **Fruits and Vegetables**, the customer can choose to pay the difference in cash or another form of acceptable payment at check-out time. Or, the WIC customer can remove some of the fruits and vegetables from the purchase so that the cost is less than or equal to the dollar limit. If the dollar amount of the purchase is less than the dollar limit, no change is to be given to the WIC customer.

### Organic products are not allowed with any WIC purchases except when buying Fruits and Vegetables and Baby Foods.

When added sugar or syrup is **not allowed**, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup. When added artificial sweeteners are **not allowed**, they include: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and acesulfame-K.

## Baby Foods

**Regular** and **Organic** brands of baby cereal, baby fruits and vegetables, and baby meats are allowed including Baby Basics, Beech-Nut, Earth's Best, Gerber, Happy Baby, Nature's Heart Organic, O Organics, Once Upon A Farm, Parent's Choice, Pic Select Fresh, and Wild Harvest.

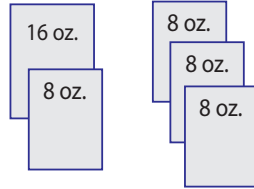
### Baby Cereal

**8 oz. or 16 oz. container.**

- Barley
- MultiGrain
- Oatmeal
- Oatmeal Millet Quinoa
- Rice
- Whole Wheat

No added ingredients such as fruit, formula, yogurt, or DHA.

Examples of how to buy 24 oz. baby cereal:



### Baby Fruits and Vegetables

**ANY BRAND** of baby fruits, vegetables, or fruit & vegetable combinations in only these sizes:

**Jar: 4 oz.**

**Package: 8 oz. with two 4 oz. containers**

**Package: 4 oz. with two 2 oz. containers**

May buy 128 oz. variety pack and 12 oz. starter kit.

**No pouches.** No added ingredients such as DHA, sugars, starches, salt, sodium, meat, poultry, cereal, noodles, rice, yogurt, raisins, granola, oatmeal, chia, quinoa, or amaranth. No desserts, dinners, or casseroles. No toddler foods.

You can buy your baby fruits and vegetables with any combination of packages or jars that add up to the total ounces (oz) you receive per month. Here are some examples of how to buy:

- 64 oz. = 16 - 4 oz. jars/packages OR 8 - 8 oz. packages
- 128 oz. = 32 - 4 oz. jars/packages OR 16 - 8 oz. packages
- 256 oz. = 64 - 4 oz. jars/packages OR 32 - 8 oz. packages



### Baby Meats

For breastfed babies who receive no formula from WIC.

**2.5 oz jar only.**

- Beef & Beef Broth/Gravy
- Chicken & Chicken Broth/Gravy
- Ham & Ham Gravy
- Turkey & Turkey Broth/Gravy

No meat sticks.



## Yogurt

**ANY BRAND, ANY FLAVOR** including Greek Yogurt

**Whole Milk Yogurt** (for children 1 year of age)

**Nonfat or Lowfat Yogurt (0 to 2% fat)** (for women and children 2 years of age and older)

**For each "tub" on shopping list, these sizes may be purchased:**

- one 32 oz. (2 lb.) tub OR
- one 32 oz. (2 lb.) package with eight 4 oz. servings OR
- two 16 oz. (1 lb.) packages with four 4 oz. servings

No yogurt with more than 40 grams total sugars per 1 cup (8 oz.) serving, 30 grams total sugars per 3/4 cup (6 oz.) serving, or 20 grams total sugars per 4 oz. serving. No yogurt with artificial sweeteners or stevia—many of these yogurts are called "LIGHT" yogurt. No smoothies.



## Eggs

◆ **LEAST EXPENSIVE BRAND**

**1 dozen (doz) white chicken eggs in**  
 ◆ large OR ◆ extra large OR ◆ jumbo

Half dozen size may be purchased.

No specialty or low cholesterol eggs. No brown eggs.



## Peanut Butter

**16 to 18 oz. jar only**

**ANY BRAND Peanut Butter**

Creamy, Crunchy, Chunky, Extra Crunchy, Smooth, Super Chunk, or Natural

No spreads, whipped, or reduced fat.

No Peter Pan Plus, Jif Omega 3, or Simply Jif.

No Natural Jif, Peter Pan, or Skippy (these are spreads).

No added artificial sweeteners, honey, marshmallow, chocolate, or jelly.



## Light Tuna, Pink Salmon & Mackerel

For women who are fully breastfeeding or pregnant with more than one baby.

**ANY BRAND 5 to 15 oz. can**

- Light Tuna
- Mackerel - Atlantic, Pacific Chub, or Jack
- Pink Salmon

Packed in water, spring water, or oil.

No white, albacore, or yellow fin tuna. No sockeye or red salmon. No pouches. No olive oil, lemon, flavored, gourmet, smoked, grilled, blackened, or added ingredients.



## Beans

**For each bag of beans on your EBT card, you can buy either a 16 oz. bag of dry beans OR 4 (four) 15 to 16 oz. cans of beans.**

Each can of beans counts as 0.25 bag.

1.00 bag = 4 cans      0.50 bag = 2 cans

0.75 bag = 3 cans      0.25 bag = 1 can

Examples of beans include, but are not limited to: black beans, blackeye peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, pink beans, pinto beans, pigeon peas, red beans, soybeans, split peas, and white beans.

**Dry Beans 16 oz. (1 lb.) bag only**

**ANY BRAND is allowed.**

No smaller sizes. No flavored, seasoned, gourmet, or soup mixes.



**Canned Beans 15 to 16 oz. can only**

**ANY BRAND is allowed.** May be with salt or reduced sodium. May have added sugar, syrup, or dextrose.

No canned green peas, green beans, wax beans, or snap beans. No soups. No chili beans, seasoned beans, refried beans, or baked beans. No added meat, fat, oil, or artificial sweeteners.





**At the store, always have:**

1. Your WIC EBT card
2. The Florida WIC Foods pamphlet
3. The WIC EBT shopping list
4. Most recent store receipt from a WIC EBT purchase

At the bottom of the store receipt you will see how much food is left on your card for the current month.

**EXAMPLE**  
**Bottom of Store Receipt from WIC Purchase**

| QTY                       | UNITS  | DESCRIPTION          |
|---------------------------|--------|----------------------|
| 1.00                      | lb     | Cheese - 8 or 16 oz  |
| 2.00                      | doz    | Eggs                 |
| 72.00                     | oz     | Breakfast Cereal     |
| 2.00                      | jar    | Peanut Butter        |
| 2.00                      | lb     | Whole Grains         |
| 4.00                      | gal    | 1% or Fat Free Milk  |
| 4.00                      | btl    | Juice64oz (128 oz=2) |
| 12.00                     | \$\$\$ | Fruits + Vegetables  |
| **** CARDHOLDER COPY **** |        |                      |

**WIC EBT Customer Service**  
**1.866.629.1095**  
**FloridaWIC.org**

**Call the toll-free number or visit the website:**

- If you lose your WIC EBT card
- If you forget your 4-digit secret PIN
- If you do not know what foods are available on your WIC EBT card
- If your card won't work
- If you have other questions

Florida Department of Health  
WIC Program  
1.800.342.3556

- Cashiers must honor all store or manufacturer promotions such as buy one, get one free; buy one, get one at a reduced price; manufacturer cents-off coupons; and store savings card or customer reward card presented by the WIC customer. If a cents-off coupon makes a product the least expensive brand, the WIC customer may choose that brand.

- WIC customers may never receive cash refunds, gift cards, change, rain checks, or IOUs in exchange for a WIC EBT card or food/formula obtained with a WIC EBT card. WIC customers are not to exchange foods obtained with a WIC EBT card, except for exchanges of an identical item when the original item is defective, spoiled, or outdated. Baby formula purchased with a WIC EBT card may not be exchanged for another brand or type of formula. Formula can only be exchanged for a different brand or type at the WIC office. WIC customers can be taken off of the WIC program for selling WIC foods or trying to get a cash refund for WIC foods. This includes selling on eBay, Craigslist, other websites or in person.

## Smart Shopping with your WIC EBT Card

**EBT** stands for **Electronic Benefits Transfer**. EBT is a simple, secure, and convenient way to buy your WIC foods. All of the foods for your family will be together on one card. There will be a begin date and end date to buy your family's food each month. You can choose how little or how much you want to buy each time you go grocery shopping with your WIC EBT card. Make sure you buy all of the foods on your shopping list within the allowed dates. Benefits will be in your food account at 12:00 midnight on the beginning date and will expire at 12:00 midnight on the ending date.

### In the WIC Office

**You will receive your WIC EBT card.** To use your new EBT card, you will need to have a 4-digit secret code called a PIN which stands for Personal Identification Number. WIC staff will give you information about how to set up your PIN. When choosing a PIN, choose 4 numbers that are easy for you to remember, but hard for someone else to figure out. Don't use the same number, like 1111, or a sequence of numbers, like 1234, for your PIN. Keep your PIN a secret.

**You will receive a Florida WIC EBT Shopping List.** The shopping list shows all of your family's WIC foods for each month.

**You will receive a list of stores where you can use your WIC EBT card.**

### In the Check-Out Line

- Give the cashier any coupons.
- Some stores may tell you to separate your WIC foods from other foods.
- Then the cashier will tell you when to swipe your EBT card and when to enter your PIN. Note: Once you swipe your card and select "yes," the transaction cannot be canceled or voided.
- The cashier will then give you a receipt.
- The receipt will tell you what foods you bought with your WIC EBT card and what foods you have left on your card.

### Returning to the WIC Office

- Keep your WIC EBT card and bring it with you each time you come to the WIC office.
- You will get your WIC foods for each month put on the same card.

### Take Care of your WIC EBT Card

- DO NOT write your PIN on your card.
- DO NOT keep your PIN in your purse or wallet.
- DO NOT give your PIN to anyone that you do not want to use your card.
- DO NOT bend your card.
- DO NOT place your card in direct sunlight, such as on a car's dashboard.
- Keep your card safe and clean.
- Keep your card away from items such as magnets, cell phones, TVs, and microwaves.

### What should I do if my card is lost or stolen?

Call **Customer Service at 1.866.629.1095**. Then you will need to contact your local WIC office about getting a replacement card. If you lose your card, the card will no longer be able to be used even if you find it later.

### What if I enter the wrong PIN?

If the correct PIN is not entered by the third try, your PIN will be locked to prevent someone from guessing your PIN and getting your food benefits. Your account will unlock after midnight. After that you will get one more try to enter your PIN correctly. If locked out again, call **1.866.629.1095**.

### What should I do if someone finds out my PIN?

If someone has your PIN who should not have it, immediately call **Customer Service at 1.866.629.1095** and change your PIN.

### How will I know my food account balance?

The receipt from every purchase shows the balance, so the easiest way to know your account balance is to **keep your receipt**. If you don't have your last receipt, get your balance from **Customer Service at 1.866.629.1095** or go to the WIC EBT website at **FloridaWIC.org** or from a WIC EBT **Point-of-Sale (POS)** machine. You should always check the amount of approved foods remaining before you shop.