

## Georgia WIC Approved Foods List Effective October 1, 2008

Only the following list of foods may be purchased with WIC vouchers

FOOD ITEM	BRAND OR TYPE	CONTAINER/ PACKAGE SIZE	NOT ALLOWED	
<b>MILK PASTEURIZED</b>	<b>Least Expensive Brand Only</b> Fat Free/Skim, Low Fat (1%), Reduced Fat (2%) or Whole Milk	One Gallon ONLY	<ul style="list-style-type: none"> <li>■ Flavored Milk</li> <li>■ Buttermilk</li> <li>■ Soy Milk</li> <li>■ Rice Milk</li> <li>■ Other Grain Milk</li> <li>■ Raw Milk (non- pasteurized milk)</li> <li>■ No high calcium milk</li> </ul>	
	UHT - Ultra High Temperature Milk (If listed on voucher)	8 oz. or Half-Pint box		
	Lactose Free / Lactose Reduced / Acidophilus - Enjoy, Lactaid, Lactaid 100, Nurture, NuTrish, or Dairy Ease (Fat Free/Skim, Low Fat (1%), Reduced Fat (2%) or Whole Milk)  (If listed on voucher)	One Gallon ½ Gallon 1 Quart Carton		
	<b>Least Expensive Brand Only</b> Powdered Milk	Makes 3 or 5 Quarts		
	<b>Least Expensive Brand Only</b> Evaporated Milk	12 oz. Can ONLY		
<b>MEYENBERG GOAT MILK</b>	<b>Evaporated Milk (If listed on voucher)</b>	<b>12 oz. Can</b>		
<b>CHEESE</b>  Regular, mild, sharp, and extra sharp are allowed.  Reduced fat and fat free are allowed.	<b>Slices Any Brand</b> (Wrapped or unwrapped)	<b>American Swiss Cheddar</b>	<ul style="list-style-type: none"> <li>■ Cheese product</li> <li>■ Flavored cheese</li> <li>■ Cheese food</li> <li>■ Spreads, shredded, snack, cubed, shaped, crumbles, strips of cheese</li> <li>■ Cheese slices from delicatessen</li> <li>■ Cheese with added ingredients, imports, or waxed</li> <li>■ 8 oz. package</li> <li>■ Two 8 oz. packages to equal 16 oz.</li> </ul>	
	<b>Block Any Brand</b>	<b>American Cheddar Colby Colby Jack Monterey Jack Mozzarella Swiss</b> (Combinations, i.e. Colby/Jack, regular, mild, sharp, extra sharp allowed)		9 oz size or larger.
	<b>String Cheese Any Brand</b>	<b>Mozzarella</b>		12 oz. ONLY
<b>EGGS</b>	Least Expensive Brand Only	1 Dozen Carton Grade A Large ONLY	<ul style="list-style-type: none"> <li>■ Any other size or quantity</li> <li>■ No specialty or low cholesterol eggs</li> <li>■ No brown eggs</li> <li>■ No Organic Products</li> </ul>	
<b>DRIED PEAS/BEANS/ LENTILS</b>	Any Brand without Flavoring	1 lb. Package ONLY	<ul style="list-style-type: none"> <li>■ Any other size or quantity</li> <li>■ Flavored Peas / Beans / Lentils</li> <li>■ Soup mixes, gourmet or organic</li> </ul>	
<b>CANNED PEAS/BEANS (Legumes Only)</b>	Any Brand (If Listed on the Voucher)	14 to16 oz. Can ONLY	<ul style="list-style-type: none"> <li>■ Any other size or quantity</li> <li>■ Flavored Peas</li> <li>■ Flavored Beans</li> <li>■ Soup mixes, gourmet or organic</li> </ul>	
<b>PEANUT BUTTER</b>	Any Brand Creamy, Crunchy or Extra Crunchy Regular, Natural, Low-Salt or Reduced Fat	<b>18 oz. Jar ONLY</b>	<ul style="list-style-type: none"> <li>■ Any other size or quantity</li> <li>■ No added Marshmallow, Jelly, Honey or Chocolate.</li> <li>■ Organic</li> </ul>	

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<b>INFANT FORMULA</b>	Buy ONLY brands and quantities listed on the front of the WIC voucher.	As listed on the front of the voucher	<ul style="list-style-type: none"> <li>■ Formula not listed on the voucher</li> </ul>
<b>INFANT CEREAL (Boxes Only)</b>	Brands: Beech Nut, Gerber or Del Monte Types: Rice, Barley, Oatmeal, Mixed	Dry Cereal in 8 oz. or 16 oz. Box	<ul style="list-style-type: none"> <li>■ Baby Cereal in Jars or cans.</li> <li>■ Dry Cereal w/ Fruit added</li> <li>■ Dry Cereal w/ Formula added</li> <li>■ Organic</li> </ul>
<b>TUNA</b>	Any Brand - Water Packed Only	<b>5 to 6 oz. Can ONLY</b>	<ul style="list-style-type: none"> <li>■ Tuna packed in oil</li> <li>■ Tuna packed in pouches</li> <li>■ Organic</li> </ul>
<b>CARROTS</b>	Any Brand - Fresh (Whole)	1 lb Pre-sealed Plastic Bag	<ul style="list-style-type: none"> <li>■ Bulk, frozen, shredded or baby carrots</li> <li>■ No combinations, glazes, sauces shredded, grated, julienne, or snack packs.</li> <li>■ Organic</li> </ul>
	Any Brand - Canned (Sliced, Medium-Cut) (If Listed on the Voucher)	14 to 16 oz. Can	
<b>CEREAL</b>	<b>Brand Name</b>	<b>Type</b>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>9 oz. Box or above, not to exceed the maximum amount listed on the voucher.</p> <p>Can mix and match sizes and types.</p> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li>■ 8 oz. Box or less</li> <li>■ Flavored Oatmeal</li> <li>■ Flavored Grits</li> <li>■ Any type, brand or variety of cereal other than the ones listed.</li> </ul> </div> </div>
	<b>General Mills</b>	<ul style="list-style-type: none"> <li>■ Cheerios–Whole Grain Oat</li> <li>■ Cheerios–Multi Grain</li> <li>■ Corn Chex</li> <li>■ Country Corn Flakes</li> <li>■ Kix</li> <li>■ Multigrain Chex</li> <li>■ Rice Chex</li> <li>■ Wheat Chex</li> <li>■ Wheaties</li> <li>■ Whole Grain Total</li> </ul>	
	<b>Jim Dandy</b>	<ul style="list-style-type: none"> <li>■ Quick Grits - Iron fortified</li> </ul>	
	<b>Kellogg's</b>	<ul style="list-style-type: none"> <li>■ Corn Flakes</li> <li>■ Crispix</li> <li>■ Mini Wheats-Frosted Bite-size or Frosted Big Bite</li> <li>■ Product 19</li> <li>■ Rice Krispies</li> <li>■ Special K</li> <li>■ Complete All Bran</li> </ul>	
	<b>Malt-O-Meal</b>	<ul style="list-style-type: none"> <li>■ Crispy Rice</li> <li>■ Frosted Mini Spooners</li> <li>■ Original Hot Wheat – 2 ½ Minute</li> <li>■ Scooters</li> </ul>	
<b>Nabisco</b>	<ul style="list-style-type: none"> <li>■ Cream of Wheat – Regular flavor</li> <li>■ 10 minutes</li> <li>■ 2 ½ minutes</li> <li>■ 1 minute</li> <li>■ Instant</li> </ul>		

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<b>CEREAL</b>	<b>Brand Name</b>	<b>Type</b>		
	<b>Post</b>	<ul style="list-style-type: none"> <li>■ Banana Nut Crunch</li> <li>■ Grape Nuts</li> <li>■ Grape Nut Flakes</li> <li>■ Honey Bunches of Oats-Almond</li> <li>■ Honey Bunches of Oats-Honey Roasted</li> </ul>		
	<b>Quaker</b>	<ul style="list-style-type: none"> <li>■ Crunchy Corn Bran</li> <li>■ Instant Grits</li> <li>■ Instant Oatmeal - Regular</li> <li>■ Life-plain</li> <li>■ Oat Bran Regular</li> <li>■ Quaker Oatmeal Squares-Regular</li> <li>■ Quaker Essentials Oatmeal squares - Cinnamon</li> </ul>		
<b>Store Brand Cereals</b>	<ul style="list-style-type: none"> <li>■ Bran Flakes</li> <li>■ Corn Flakes</li> <li>■ Multi-Grain Flakes</li> <li>■ Corn Puffs</li> <li>■ Puffed Rice</li> <li>■ Instant Grits (Original Flavor)</li> <li>■ Instant Oatmeal (Regular Flavor)</li> <li>■ Frosted Shredded Mini Wheat</li> <li>■ Whole Wheat Os</li> </ul>			
			<p>9 oz. Box or above, not to exceed the maximum amount listed on the voucher.</p> <p>Can mix and match sizes and types.</p>	<ul style="list-style-type: none"> <li>■ 8 oz. Box or less</li> <li>■ Flavored Oatmeal</li> <li>■ Flavored Grits</li> <li>■ Any type, brand or variety of cereal other than the ones listed.</li> </ul>
<b>JUICE</b>  100% Juice Vitamin C Fortified and/or Calcium Fortified	Least Expensive Brand Only	<ul style="list-style-type: none"> <li>■ Orange ■ Pineapple</li> <li>■ Grapefruit ■ Tomato</li> <li>■ Apple</li> <li>■ 100% Vegetable Juice</li> </ul>	<p>46 oz. Container Ready to Serve</p> <p>11.5 oz. or 12 oz. Frozen Concentrate</p>	<ul style="list-style-type: none"> <li>■ Juice drinks, beverages, or cocktails.</li> <li>■ Fresh squeezed juice</li> <li>■ Infant juice</li> <li>■ Juice with sugar added</li> <li>■ Sports drink</li> <li>■ Cartons of Juice</li> <li>■ Cartons</li> <li>■ V-8 Splash</li> <li>■ Organic</li> </ul>
	Welch's	<ul style="list-style-type: none"> <li>■ Grape ■ White Grape</li> </ul>		
	Seneca	<ul style="list-style-type: none"> <li>■ Grape ■ White Grape</li> </ul>		
	<b>Nestlé's Juicy Juice</b>	All Flavors	<p>(5.5 oz. and 6 oz. CAN IS ALLOWED ONLY IF LISTED ON VOUCHER)</p>	
	<b>Nestlé's Juicy Juice Harvest Surprise</b>			
	Least Expensive Brands Only	<ul style="list-style-type: none"> <li>■ Orange Juice</li> <li>■ Grapefruit juice</li> </ul>	12 oz. Frozen Concentrate ONLY	
	Dole	<ul style="list-style-type: none"> <li>■ Pineapple Orange</li> <li>■ Pine-Orange Banana</li> </ul>	12 oz. Frozen Concentrate	
	<b>Nestlé's Juicy Juice</b>	All flavors	11.5 oz. Non-frozen pourable concentrate	
	Welch's	All flavors		
Welch's Blends	All flavors			