



Effective: January 1, 2016

Montana WIC Approved Food List



MILK – Pasteurized and Fortified

Store Brand if available

Only the milk type and size specified on benefit is allowed

- Skim, 1%, 2%
- Lactose-free
- Evaporated
- Whole
- Nonfat Dry
- Meyenberg Goat Milk

Two ½ gallons may be substituted for one gallon

No flavor added, enhanced or organic milk

No pints

Quarts only if specified on the benefit or when larger size of Lactose-free milk is unavailable.



CHEESE – Domestic

Store Brand, Cache Valley, Crystal Farms, Kraft, Wega Star Dairy only

Regular, low-fat or reduced fat, in 16 or 8 ounce package

- Colby-Monterey Jack
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Swiss

Two 8 ounce packages may be substituted for one 16 ounce package

No string cheese, cheese foods, products, spread, cubed, shredded, sliced, flavor added (i.e. Pepper Jack), imported, service deli, imitation cheese products or individually wrapped slices/strings sold as singles

No organic



SOY BEVERAGES

8th Continent Soymilk Beverage

1/2 gallon cartons, ultra
Original flavor only



Pacific Natural Foods Ultra Soy Beverage

Aseptic quarts (32 ounce) pasteurized
Plain and Vanilla only



Silk Soymilk

1/2 gallon cartons
Original flavor only



EGGS

Any Brand

Large - One dozen, white
"AA" or "A"

No enhanced, hormone-free, specialty or brown eggs

No free range or cage free eggs

No organic



YOGURT

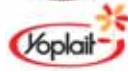
**Dannon, Great Value, Kroger, Lucerne, Our Family,
Mountain High, Western Family, Yoplait**

Plain or Vanilla

32 ounce containers (quart)

Buy only fat type specified on benefit

No other flavors, fruit added, organic or Greek yogurt



PEANUT BUTTER

Store Brand, Adams, Peter Pan, Jif or Skippy only

16 to 18 ounce jar

Unflavored, Regular or Natural - smooth, chunky or honey roasted

No jelly, honey, chocolate or marshmallow crème added

No peanut butter spread (examples: reduced-fat)

No organic or enhanced peanut butter

The logo for Adams Peanut Butter, featuring the word "ADAMS" in a stylized, colorful, 3D font.The logo for Jif Peanut Butter, featuring the word "Jif" in a white, bold, sans-serif font on a red, white, and green background.

BEANS, PEAS, LENTILS

Any Brand: dry beans, split peas or lentils

Any Brand: canned beans (legumes)

15 to 16 ounce packages/cans

Note: canned beans only if specified

No soup mixes, flavorings or meat added (pork & beans, refried)

No cans of green or yellow beans

No organic



BREAKFAST CEREALS for Women and Children

Whole grain cereals are marked with a 

Gluten-free items are marked with an *



SPECIFIED BRANDS ONLY **REGULAR FLAVOR UNLESS SPECIFIED**

No fruit filled

No organic

No individual serving containers allowed

Corn Flakes

Flavorite, Great Value, IGA, Kellogg's,
Kroger, Our Family, Signature Kitchens,
or Western Family

Fiber Flake Cereals (Bran)

Enriched Bran Flakes: 

Flavorite, General Mills (Wheaties Original
or Total Original), Great Value, IGA,
Kellogg's (All Bran Complete Wheat),
Kroger, Post (Bran Flakes), Signature
Kitchens, Western Family

No fruit added (Raisin Bran) or low-carb



Corn Squares/Bitz/Pockets

Flavorite, General Mills (Corn Chex*),
Great Value, IGA*, Kroger, Our Family,
Signature Kitchens, or Western Family

Corn Balls/Puffs

General Mills (Kix) 

Crispy Rice

Flavorite, Great Value, IGA, Kellogg's
(Rice Krispies), Kroger, Malt-O-Meal,
Our Family, Signature Kitchens, or
Western Family

Frosted Mini Wheat Biscuits


Flavorite, Great Value, IGA, Kellogg's,
Kroger, Malt-O-Meal, Our Family,
Signature Kitchens, or Western Family

No "Post"

No fruit filled or flavored frostings

No plain shredded wheat biscuits


Nugget

Post (Grape Nuts) 

Rice Squares/Bitz/Pockets

Flavorite, General Mills (Rice Chex*),
Great Value, IGA*, Kroger, Our Family,
Signature Kitchens, or Western Family

Toasted Oat Rings

(Plain or Multi-Grain) 

Flavorite, General Mills (Cheerios*),
Great Value, IGA, Kroger, Our Family,
Signature Kitchens, or Western Family

No sugar-frosted, honey-nut or fruit
added


Wheat Squares/Pockets

General Mills (Wheat Chex), Great
Value, Our Family, Signature Kitchens,
or Western Family

HOT CEREAL

Cream of Rice*

Cream of Wheat Regular

Cream of Wheat Whole Grain 

Great Value Quick Farina

Malt-O-Meal Original

Western Family

INSTANT OATMEAL — Regular 
Individual Packages Only

12 to 11 ounce packages

Great Value, IGA, Our Family, Kroger,
Signature Kitchens, or Western Family

No flavored

No large/bulk packages allowed

No organic



WHOLE GRAIN CHOICES Gluten-free items are marked with an *

Whole Grain Bread



Franz 40 Calorie per Slice Whole Wheat

Franz 100% Whole Wheat



Signature Kitchens 100% Whole Wheat



Sara Lee Classic 100% Whole Wheat



Smith's 100% Whole Wheat



Village Hearth 100% Whole Wheat

Wheat Montana 100% Whole Wheat



One pound (16 ounce) loaf only

Tortillas - Soft



Yellow Corn –
Mission*

White Corn –
Don Pancho* or
Guerrero



Whole Wheat –
Mission,
Don Pancho, or
Guerrero



One pound
(16 ounce)
package only

Whole Wheat Pasta

**Barilla, Gia Russa, Great Value,
Hodgson Mill, Kroger,
Our Family, Racconto,
Ronzoni, Western Family**

100% whole wheat
16 ounce only

No organic, enhanced (for
example, omega-3 added) or
vegetable pasta

Brown Rice

Any brand – box or bag

Plain Brown Rice-regular cooking
16 oz.

Plain Brown Rice-quick or instant
cooking 14 – 16 oz.

No organic

100% JUICE

64 ounce Plastic Bottles Children

100% Juice Only - No sugar added
Specific Flavors - Authorized Brands
No juice blends, drinks or cocktails
No refrigerated
No organic or DHA added

**Apple • Grape (Purple and White)
Orange • Tomato**

Vegetable - V-8 (Original or Healthy
Request (no Fusion))



16 ounce Frozen Concentrate Children

100% Juice Only - No sugar added
Specific Flavors – Authorized Brands
No juice blends, drinks or cocktails
No organic or DHA added

Orange



No 48-46 ounce juices are allowed

11.5 to 12 ounce Frozen Concentrate - Women

100% Juice Only - No sugar added
Specific Flavors - Authorized Brands
No juice blends, drinks or cocktails
No organic or DHA added

**Apple • Grape (Purple and White)
Orange • Pineapple**



Some stores may not carry every WIC approved food because of cost or availability.

INFANT FORMULA

Only brand, type and size specified on benefit

No substitutions at store

No organic

INFANT CEREAL

Beech-nut, Goya or Gerber only

Plain varieties only: Barley, Corn, Mixed Grain, Oatmeal, Rice or Whole Wheat
8 and 16 ounce containers

One 16 ounce container may be substituted for two 8 ounce containers

No formula, flavoring, fruit or DHA added

No jars or packs



BABY FOODS VEGETABLES AND FRUITS

Beech-nut, Goya or Gerber only

4 ounce containers, jars or twin packs only

Vegetable and Fruit – single or mixed varieties

No dinners or desserts

No organic or DHA added

BABY FOOD MEATS For Fully Breastfeeding Infants

Beech-nut, Goya or Gerber only

2.5 ounce jars

Single variety meats only

May have added broth or gravy

No dinners

No meat sticks

No organic or DHA added

CANNED FISH

For Fully Breastfeeding Women

Any brand

Light Tuna – water packed only,
light - solid or chunk
6 to 5 ounce cans

Pink Salmon – water packed only,
may contain bones and skin
5 to 6 and 14.75 ounce cans

No “diet” pack, white, albacore,
yellow fin, premium, “vacuum-
sealed” packs, flavorings added
and red salmon



Approved Foods List for Fruits and Vegetables Benefit

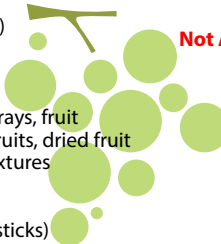
Fresh Vegetables & Fruits

Allowed:

- Any variety of fresh vegetables and fruits
- Bagged salad mixtures (no dressing, croutons, nuts or meat added)
- Bagged vegetables (no dressing or dip)
- Tubs of cut fruit or vegetables (no dressing or dip)
- Garlic, sprouts
- Fresh salsa (no added sugar, fat or oil)
- Organic

Not Allowed:

- Added sugars, fats or oils
- Items from the deli, salad bar, party trays, fruit baskets, decorative vegetables and fruits, dried fruit
- Nuts, including peanuts, fruit/nut mixtures
- Salad dressing
- Herbs (like basil, cilantro, parsley)
- Spices (like vanilla beans, cinnamon sticks)
- Frozen Fruit



Frozen Vegetables

Frozen vegetables may not be purchased with an infant fruit and vegetable benefit

Allowed:

- Any brand • Any size
- Any plain single or plain mixed vegetable
- Any package type (bag, box)
- Organic

Not Allowed:

- Vegetables with added sugars, fats, oils or coatings (many French fried potato products have added fats or coatings)
- Vegetables with sauces
- Vegetables mixed with pasta, rice, or any other non-vegetable ingredient
- Cheese sauce or any other type of sauce
- Seasoned, flavored, breaded
- Packets of sauces and/or seasonings included



No canned fruits or vegetables or frozen fruit may be purchased



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