

# Breastfeeding – A Gift For Life

Breastfeeding women get WIC services longer, breastfeeding support and additional foods.

## BREASTFEEDING WOMEN

### CHUNK LIGHT TUNA

5 oz. can, water or oil packed. Low sodium allowed.

*No organic, albacore, yellowfin, Starkist Selects, individual serving or pouches.*

### PINK SALMON

5 oz. or 14.75 oz. can. Low sodium allowed.

*No red sockeye, smoked, individual serving, pouches or organic.*



## BREASTFEEDING INFANTS

### BABY FOOD MEATS

*No organic, DHA, dinners or graduates.*



Gerber 2.5 oz. jars  
Varieties (with gravy): chicken, ham, beef, turkey



Beech Nut 2.5 oz. jars  
Varieties (with broth): beef, chicken, turkey



Tippy Toes 2.5 oz. jars  
Varieties (with gravy): chicken, turkey, beef



701.328.2496 • Toll Free 800.472.2286

*This institution is an equal opportunity provider.*

# NORTH DAKOTA WIC Food List



AS OF APRIL 1, 2023



# MILK

Gallons or half gallons

Whole, 1%, skim, calcium fortified, cultured buttermilk, lactose free, non-fat dry milk powder (3 qt. or 8 qt.), evaporated (12 oz. can), Meyenberg Goat's Milk (quart, 12 oz. can powder or evaporated)



No 2%, chocolate or flavored, extra protein, almond, coconut, organic, rice or sweetened condensed milk.



# CHEESE

Shredded or Block; 8 oz. or 16 oz. size; reduced fat allowed (1 pound = 16 oz. or two-8 oz. packages)

American, any Cheddar variety, Colby Jack, Colby, Swiss, Mozzarella, Marble Jack, Muenster, Provolone, Monterey Jack, string (individually wrapped allowed)

\*String cheese must be 8 oz. or 16 oz. only



No sliced or cubed. No cheese foods, cream cheese or spreads. No Havarti, Gouda, Farmer, Parmesan, Romano, Asiago, and Asadero. No added ingredients, pepper jack, smoked, organic, or flavors (Mexican, Taco). No random weight or deli cheese.



# YOGURT

32 oz. containers only

## BRANDS

**Dannon** Non-fat (Plain) Low-fat (Plain, Vanilla)

**Dannon Light & Fit** Non-fat (\*Strawberry, \*Vanilla)

**Yoplait (Original)** Low-fat (Vanilla, Strawberry, Blueberry, Harvest Peach, Strawberry Banana)

**Cass Clay** Fat-free (Plain, Strawberry, Vanilla)

**Essential Everyday** Fat-free (Plain) Low-fat Blended (Blueberry, Strawberry, Vanilla, Plain, Peach, Raspberry)

**Great Value** Non-fat (Plain, \*Light Vanilla)

Low-fat (Strawberry, Vanilla, Peach, Strawberry Banana)

**Market Pantry** Non-fat (Plain, \*Light Vanilla) Low-fat (Vanilla)

**Food Club** Fat-free (Plain) Low-fat Blended

(Vanilla, Strawberry) Non-fat (\*Vanilla)

**Our Family** Light/Non-fat (Plain, \*Vanilla) Low-fat

(Strawberry, Blueberry, Peach, Vanilla)

**Lucerne** Low-fat (Peach, Strawberry, Vanilla) Fat-free (Plain, Vanilla)

\*Contains artificial sweeteners



No Greek, soy, or organic yogurt



# SOY MILK

Half gallons

8th Continent – original flavor only

Silk – original flavor only



No complete, organic, light, fat-free, chocolate or vanilla



# WIC ALLOWED JUICE

## 12 OZ. FROZEN CONCENTRATE (Women Only)



Orange  
Any 100% brand



Great Value Grape  
Also: Food Club



Any 100%  
Dole Juice



Any 100%  
Old Orchard Juice  
(Green band only)



Food Club Apple  
Also: Essential Everyday, Great Value, Good & Gather, Minute Maid, Signature Select, Best Yet, Freedom's Choice, and Best Choice

## 64 OZ. PLASTIC (Children Only)



Old Orchard  
Any 100% Juice  
No Healthy Balance  
**\*No Apple Cider,  
Pomegranate, or  
Tart Cherry**



Market Pantry Apple  
Also: Langers, Essential Everyday, Great Value, Our Family, Food Club, Best Yet, Signature Select, and Freedom's Choice



Mott's Apple  
Also: Apple Cherry and Apple Mango  
**No Mott's Natural, Medley's, Sensibles, or Mott's for Tots**



Juicy Juice  
Any 100% Juice



Langers Pineapple  
Also: Food Club, Our Family, Libby's, Best Yet, Essential Everyday, Great Value, and Signature Select



Our Family Grape/  
White Grape  
Also: Essential Everyday, Food Club, Great Value, Freedom's Choice, Market Pantry, Signature Select



Food Club Orange  
Also: Langers, Essential Everyday, Great Value, Tropicana, Market Pantry, and Signature Select



Essential Everyday  
Grapefruit  
Also:  
Signature Select



V8 Vegetable Juice  
(including Low Sodium and Spicy Hot)

Also: Food Club, Great Value, Market Pantry, Essential Everyday, Our Family, and Signature Select  
**No V8 Splash.**



Campbell's Tomato  
(including Low Sodium)  
Also: Great Value, Our Family, Essential Everyday, Food Club, Market Pantry, Signature Select, and Langers

Must be 100% juice. Can be calcium-fortified. No 46, 48, 96 or 128 oz. plastic containers. No 46 oz. cans. No organic, cocktails, apple cider, fresh pressed apple juice, fruit drinks, lemonade, prune, single servings or refrigerated.



# EGGS

Fresh, one-dozen package only,  
medium or large



No organic, brown, cage-free, speciality or pasteurized eggs.



# PEANUT BUTTER

16 - 18 oz. jar only, creamy, crunchy or  
chunky

**BRANDS** - Jif, Peter Pan, Reese's, Skippy, and any  
store brand.



No reduced fat, spreads, organic, natural, omega-3 or  
enhanced.

No added chocolate, jelly, honey or marshmallow.



# BEANS, PEAS & LENTILS

Any variety of plain beans, peas or lentils.

Refried beans (fat free only)

Dry (1 or 2 lb. size)

Canned (15 to 16 oz. size)

Low/Reduced sodium and No Salt Added are allowed



No baked beans, green beans, sweet peas, chili beans, wax beans, pork and beans, bean mixes/soups or organic.  
No added sugars, fats, meats or oils.

# FRESH FRUITS & VEGETABLES

All fresh fruits and fresh vegetables

Also allowed: pre-cut or packaged fruits and vegetables and bagged salads/coleslaw

*No canned, jarred, dried or frozen fruits/vegetables.  
No salad bar/deli items, pre-cut or packaged fruits and vegetables with dips, bagged salads with dressing.  
No fruit baskets, party trays, or decorative vegetables (gourds, pumpkins) and fruits.  
No herbs and spices (such as, parsley, basil, cilantro, rosemary, thyme, etc.).*



# USING YOUR CASH VALUE BENEFITS

Your Cash Value Benefits (CVB) for fresh fruits and vegetables are on your eWIC card just like your other foods, but the difference is that it is a dollar value rather than a quantity of items.

1. The total value of the CVB can be viewed on your Family Food benefit printout, through the WIC shopper app, ebtEDGE portal, getting a balance inquiry printed out at the store or by calling the Customer Service line. You are able to purchase fresh fruits and vegetables up to the maximum dollar amount. The total value of your CVB is combined for all the participants in your family.
2. If the total purchase amount goes over this amount, you may pay the difference in another acceptable tender (cash, SNAP/Food Stamps, etc.).
3. If you do not use your total amount of CVB by the end of the month, it does not carry over to the next month. Any remaining unspent amounts drop off the card balance at midnight on the last day of the month.
4. The fresh fruits and vegetables do not need to be separated from other foods when purchasing in most stores, but need to be done last in stores that have a stand beside device (separate unit used to process eWIC transactions).

# SHOPPING CHART

## FRESH FRUITS AND VEGETABLES BUYING GUIDE



When buying fresh fruits and vegetables, use the chart below to help you estimate the cost of your purchase.



1. Place the item on the grocery scale.
2. Round the weight up to the nearest pound (lb.) or half pound.
3. Estimate the cost of the item based on the chart.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

## Buying and Storage Tips

- Buy fruits and vegetables that are in season or on sale.
- Buy only what you can store and use before it spoils.
- Don't buy fruits and vegetables that are bruised or damaged. Handle them carefully, so they don't bruise.
- If the fruit or vegetable is stored cold at the grocery store, keep in the refrigerator at home.
- If it is stored at room temperature at the store, keep on the counter at home.
- Refrigerate pre-cut or peeled fruits and vegetables.
- Wash fruits and vegetables just before eating, cutting or cooking.



# COLD CEREALS – 12 oz. or larger



Grape-Nuts + ▲  
& Grape-Nuts Flakes + ▲



Kix ▲ (regular only)



Cheerios + ▲  
& Multi-Grain Cheerios ▲ #  
Also: Essential Everyday Multi Grain and Best Choice  
Multi Grain Happy O's



Original ▲ # + & Little Bites Mini  
Wheats + ▲ # (original only)



Total Whole Grain  
# ▲ +



Life (original only)  
▲



Our Family Bran Flakes  
Also: Food Club, Best Yet,  
Great Value, Essential  
Everyday, Ralston,  
Signature Select, That's  
Smart, or Best Choice



Oatmeal Squares  
+ ▲



Corn Flakes  
Also: Our Family, Food Club,  
Best Yet, Essential Everyday,  
Signature Select, Market  
Pantry, That's Smart,  
and Ralston



Our Family Toasted Oats  
Also: Food Club, Best Yet, Market  
Pantry, Essential Everyday,  
Signature Select, That's Smart,  
and Ralston Tasteess



Crispix  
Also: Our Family/  
Essential Everyday Crispy  
Hexagons, and Food  
Club Twin Grain Crisp



Great Value Frosted  
Shredded Wheat  
Also: Best Yet, Our Family,  
Food Club, Essential Everyday,  
Ralston, and Best Choice



Frosted Mini  
Spooners + ▲



Honey Bunches of Oats  
(Honey Roasted only)  
Also: Our Family/Signature Select  
Oats and More with Honey,  
Essential Everyday and Best Yet  
Honey Oats and Flakes, and  
Food Club Honey and Oats



Essential Everyday  
Nutty Nuggets  
Also: Great Value  
Crunchy Nuggets,  
Signature Select Nutty  
Nuggets



Rice Krispies  
Also: Our Family, Malt O Meal,  
Essential Everyday, Best Yet,  
and Signature Select Crispy Rice,  
Food Club, That's Smart, and Best  
Choice Crisp Rice, Great Value Rice  
Crisps, and Market Pantry Toasted Rice



Corn, Rice, Wheat + ▲ # Chex  
Also: Our Family/Ralston Rice & Corn Biscuits, Best  
Choice Wheat Crisps, Essential Everyday Corn,  
Wheat or Rice Squares, Great Value Rice & Corn  
Squares, Food Club Rice, Corn & Wheat Squares,  
Signature Select Corn & Rice Pockets



# HOT CEREALS



Quaker  
Instant Oatmeal



Malt O Meal  
plain or chocolate

(original only, packets only)  
Also: Our Family, Food Club, Best Yet,  
Signature Select, Great Value, Essential  
Everyday, Best Choice, and Ralston



Cream of Wheat (1 min., 2 1/2 min.), Cream of Wheat Instant

## CEREAL KEY

# - 100% IRON

+ - 4 GRAMS  
OR MORE OF FIBER

▲ - 51% OR MORE  
WHOLE GRAIN

Buy any combination of **hot**  
or **cold** cereals 36 oz. or less.

$$18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$14.5 \text{ oz.} + 18 \text{ oz.} = 32.5 \text{ oz.}$$



# INFANT CEREAL



8 or 16 oz. container – rice,  
oatmeal, multigrain, whole wheat

No added fruit or formula,  
organic, sensitive or DHA.



# BABY FOODS – FRUITS & VEGETABLES

**Tippy Toes/Parent's Choice** – 4 oz. jars,  
single ingredient only

Stage 2 fruits: pears, mango,  
apples, and bananas



Stage 2 vegetables: squash, peas,  
sweet potatoes, carrots, and green beans

**Gerber** – 2 oz. or 4 oz. plastic (two packs),  
4 oz. jars, single ingredient only

1st and 2nd Foods fruits: apples,  
bananas, pears, peaches, mangos,  
and prunes



1st and 2nd Foods vegetables: sweet  
potatoes, squash, carrots, green beans,  
peas, pumpkin, and corn

**Beech Nut** – 4 oz. jars,  
single ingredient only

Stage 1 and Stage 2 fruits: apples,  
peaches, pears, bananas, and mango



Stage 1 and Stage 2 vegetables: squash, sweet carrots,  
sweet peas, sweet potatoes, and green beans

No organic, pouches, dinners, combinations (ex., apple  
blueberry) or 3rd Foods.



# FORMULA



Brand, size  
and amount as  
indicated on the  
eWIC benefit  
balance.



No substitutions or exchanges allowed.



# BREAD

Must be whole-wheat or whole-grain bread/buns  
16 oz. for women  
32 oz. for children

## BREAD BRANDS

- Our Family** 100% Whole Wheat (16 oz.)
- Village Hearth** 100% Whole Wheat (16 oz. or 20 oz.)
- Great Value** 100% Whole Wheat (16 oz. or 20 oz.)
- Sara Lee** 100% Whole Wheat (16 oz. or 20 oz.)
- Food Club** 100% Whole Wheat (16 oz.)
- Best Choice** 100% Whole Wheat (16 oz.)
- SunnyBrook** 100% Whole Wheat (16 oz.)

## BUNS/BREAD BRANDS (For Children Only)

- Village Hearth** Slender Rounds Whole Wheat (12 oz.), 100% Whole Wheat Half Loaf (12 oz.)
- Brownberry** 100% Whole Wheat Sandwich Thins (12 oz.)

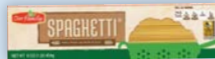


# PASTA

100% Whole-Wheat/Whole-Grain Pasta  
16 oz. size only

## BRANDS

- Great Value** Spaghetti, Linguine, Thin Spaghetti, Rotini, Elbows, Penne
- Barilla** Rotini, Spaghetti, Thin Spaghetti, Linguine, Penne, Elbows, Medium Shells
- Our Family** Rotini, Spaghetti
- Food Club** Spaghetti, Penne
- Essential Everyday** Rotini, Spaghetti, Thin Spaghetti, Elbow, Penne
- Ronzoni Healthy Harvest** Rotini, Spaghetti, Thin Spaghetti, Linguine, Penne Regate
- Gia Russa** Linguine, Penne Rigate, Roman Rigatoni, Rotini
- Hodgson Mill** Spaghetti, Angel Hair, Elbows, Spirals
- Signature Select** Elbows, Linguine, Penne Regate, Rotini, Spaghetti, Thin Spaghetti



# BROWN RICE

Must be plain, whole grain  
Bagged or boxed – Boil in bag and instant allowed  
Up to 16 oz. for women  
Up to 32 oz. for children

No Ben's Original, wild rice, blends, ready rice or organic rice.



# WHOLE WHEAT TORTILLAS

16 oz. for women  
32 oz. (2–16 oz.) for children

## BRANDS

- Chi Chi's** Whole Wheat (16 oz.)
- Essential Everyday** Whole Wheat (16 oz.)
- La Banderita** Whole Wheat (16 oz.)
- Mission** Whole Wheat (16 oz.)
- Don Pancho** Whole Wheat (16 oz.)
- Frescado's** Whole Wheat (16 oz.)
- Food Club** Whole Wheat (16 oz.)
- Market Pantry** Whole Wheat (16 oz.)
- Our Family** Whole Wheat (16 oz.)
- Azteca** Whole Wheat (16 oz.)
- Signature Select** Whole Wheat (16 oz.)
- Great Value** Whole Wheat (16 oz.)



# SOFT CORN TORTILLAS

Yellow corn or white corn allowed  
16 oz. for women  
32 oz. (2–16 oz.) for children

## BRANDS

- Mission** Corn, Extra Thin (16 oz.)
- La Burrta** Corn (16 oz.)
- La Banderita** Corn (16 oz.)
- Food Club** Corn (16 oz.)
- Essential Everyday** Corn (16 oz.)
- Our Family** Corn (16 oz.)

