



EFFECTIVE OCTOBER 1, 2023
THRU SEPTEMBER 30, 2024

PENNSYLVANIA WIC
FOOD LIST
& SHOPPING
GUIDE





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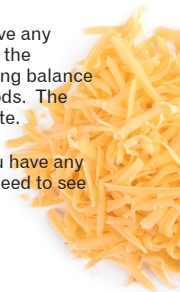
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Shopping Tips with Your eWIC Card

- Your benefits become available at the beginning of the month at 12:01 AM and end at 11:59 PM at the end of the month.
- You do not have to buy all your foods at one time. Buy what you need when you need it.
- Benefits that have not been spent DO NOT carry over to the next benefit period.
- Know your benefit balance. Keep your last receipt or check out "My Benefits" on the WICShopper app.
- Coupons and store promotions ("buy one, get one free") may be used with your eWIC card.

At Checkout:

- 1 Foods being purchased with your eWIC card must be included on your WIC benefit balance.
- 2 Before any foods are scanned, tell the cashier you are using an eWIC card.
- 3 Insert your card into the card reader and follow the directions. The system will ask you to enter your PIN.
- 4 The cashier scans items to confirm they are WIC-approved and are included within your family's benefits.
- 5 You must review and approve what you want to purchase before the sale is final. **The cashier should have you review the redemption receipt before you approve the purchase.**
- 6 **Do NOT pull your card out until the system tells you to!**
- 7 The foods that you purchase will be removed from your eWIC card and you will get a WIC ending balance receipt that shows what is remaining.
- 8 Always keep your WIC receipts if you have any issues at the store OR if you do not have the WICShopper app downloaded. The ending balance receipt shows your family's available foods. The WICShopper app takes 48 hours to update.
- 9 Make sure to keep all your receipts if you have any issues at the store. The WIC clinic will need to see them!



A central purple text box is overlaid on a collage of various food items. The items include a bowl of fresh raspberries in the top left, a plate of spaghetti in the top right, a bowl of yellow corn in the middle left, a bowl of dark grapes in the middle right, a bowl of white yogurt in the bottom left, and a glass of orange juice in the bottom right.

eWIC Card Security

- Protect your card. Keep it safe!
- Memorize your PIN.
- Do NOT give your PIN to anyone other than your trained WIC Proxy.
- Do NOT throw your eWIC card away when you have used all your benefits.
- If your card is lost or stolen or does not work at the store, contact your local WIC clinic.

Milk

GALLONS OR HALF GALLONS

ANY BRAND

- Low fat (1% or 1/2%) or Skim, unless Whole milk or Reduced Fat (2%) is on your WIC benefit balance. Acidophilus milk is allowed. Kefir and UHT milk is allowed only if you have a quart listed on your WIC benefit balance.
- Lactose free, kosher, evaporated or dry milk can be purchased if it is on your WIC benefit balance.

CANNOT BUY:

- Flavored Milk
 - Buttermilk
 - Goat's Milk
 - Organic Milk
 - Milk in glass bottles
 - Ultra-filtered milk
 - Milk with added:
 - Calcium
 - Protein
 - Plant sterols
 - Vitamin C
 - Omega-3s



EXCEPTION: You may buy a single quart of milk only if it is listed on your WIC benefit balance.

NUTRITION FACT

Serve fat free (skim) or lowfat (1%) milk, cheese or yogurt at meals and snacks. They're packed with vitamins, minerals and protein for strong bones, teeth and muscles.

Yogurt

32 OUNCE CONTAINERS ONLY

TYPE SPECIFIED ON WIC BENEFIT BALANCE -
WHOLE FAT, LOWFAT OR NONFAT

WHOLE FAT



Plain



All Natural Plain,
Strawberry, Vanilla



Plain, Greek
Plain



Greek Vanilla,
Greek Plain



Greek Plain



Greek Plain



Plain, Vanilla



Plain, Vanilla,
Strawberry



Plain



Plain



Greek Vanilla,
Greek Plain



Plain



Probiotic
Plain, Greek
Plain

LOWFAT



Vanilla



Plain, Vanilla



Plain



Plain, Vanilla



Plain, Strawberry,
Vanilla, Blueberry



Strawberry



Plain



Peach, Strawberry,
Strawberry Banana,
Vanilla



Plain



Plain,
Strawberry,
Vanilla



Plain, Vanilla



Greek Plain



Blended Blueberry,
Plain, Strawberry,
Vanilla



Plain, Peach,
Strawberry,
Blueberry, Greek
Plain, Greek Vanilla



Harvest Peach, Strawberry, Strawberry
Banana, Vanilla, Blueberry, GoGurt
(1*16- 2 oz tubes OR 2*8-2 oz tubes)
All Flavors





NONFAT



Plain, Vanilla



Plain, Light & Fit
Greek Plain



Plain, Greek Plain,
Greek Vanilla



Plain, Vanilla,
Greek Vanilla,
Greek Plain



Plain, Greek Plain,
Greek Vanilla,
Greek Strawberry



Plain



Plain, Greek
Vanilla, Greek Plain



Greek Plain,
Greek Vanilla



Plain, Vanilla,
Greek
Strawberry,
Greek Vanilla,
Greek Plain



Plain



Plain,
Vanilla Bean,
Sweetened
with Honey,
Sweetened
with Maple



Greek Plain,
Greek
Strawberry,
Greek Vanilla



Plain



Plain, Vanilla

KOSHER NON FAT YOGURT

Must be listed on WIC Benefit Balance



Greek Plain,
Kosher Greek
Vanilla



Plain



Plain



Greek Plain,
Greek Vanilla

CANNOT BUY:

- Yogurts with mix-in ingredients such as:
 - Granola
 - Candy pieces
 - Honey
 - Nuts
- Organic
- Drinkable yogurts
- Yogurts with non-nutritive sweeteners



Cheese

8 OR 16 OUNCE PACKAGES ONLY

ANY BRAND

- American Cheese (Pasteurized Process)
- Cheddar
- Cheddarella
- Colby (Longhorn)
- Cojack
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

FORMS ALLOWED:

- Block
- Sliced
- Shredded
- Stick
- String



These may be regular, reduced fat, lowfat or fat free, low cholesterol, lactose free, low sodium, or calcium fortified.

Cheese must be marked with weight, type and cost.

Kosher cheese must be on your WIC benefit balance.

CANNOT BUY:

- Cubed
- Individually wrapped slices
- Imported
- Deli service
- Cheese foods
- Imitation cheese
- Smoked cheese
- Cheese products or spreads
- Organic cheese
- Cheese with added ingredients
- Cheese packed in water

**1 POUND
OF CHEESE**
(16 oz)

=

**1/2
POUND**
(8 oz)

**1/2
POUND**
(8 oz)

NUTRITION FACT

Calcium and vitamin D work together to protect your bones. Calcium helps build and maintain bones, while vitamin D helps your body effectively absorb calcium.

Soy Products

MUST BE LISTED ON WIC BENEFIT BALANCE

SOY BEVERAGES

32 OR 64 OUNCE CONTAINERS



Pacific - Ultra Soy
Original
Shelf Stable



8th Continent
Original or Vanilla
Refrigerated
Section



Silk
Original
Refrigerated
Section or Shelf
Stable



Great Value
Original
Refrigerated
Section

CANNOT BUY: Any other brand or flavor of soy beverage

TOFU

8 or 16 OUNCE CONTAINERS ONLY



Azumaya
Extra Firm, Firm,
Silken



House Foods
Premium
Medium Firm, Firm,
Extra Firm



Nasoya
Organic Silken,
Organic Super Firm



Soy Boy
Firm



O Organics
Cubed (8 oz),
Super Firm



Franklin Farms
Extra Firm, Firm,
Medium Firm, Soft

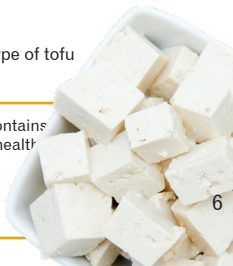


Nature's Soy
Firm, Soft

CANNOT BUY: Any other brand or type of tofu

NUTRITION FACT

Soy is a nutrient-rich food that contains complete protein, carbohydrates, fiber, healthy fats, vitamins and minerals important to good health. If you choose soy products, you may need other sources of calcium and vitamin D in your diet.



Juice FOR CHILDREN

64 OUNCE BOTTLES OR CARTONS ONLY

100% PASTEURIZED JUICE



Tomato, Low Sodium
Tomato, Low Sodium
V8, V8, Spicy Hot V8



All Flavors



Pineapple



Apple, Grape, White
Grape, Orange,
Vegetable Juice



100% Juices, Sesame
Street Flavors.
Not allowed:
"Cranberry Juice
and More" items
and "Fruitables"



Apple, Apple Cherry,
Apple Mango,
Apple White Grape,
Sensibles Apple



All flavors except
premium flavors



Apple



All flavors, except
Ruby Red Grapefruit



**Only 100% juice
allowed"; juice drinks
are not allowed.**

Apple, Concord
Grape, Cranberry
Blackberry;
Cranberry Cherry,
Cranberry Concord
Grape, Cranberry
Mango, Cranberry
Pineapple, Cranberry
Pomegranate,
Cranberry Raspberry,
Cranberry, Cranberry
Watermelon,
Cranberry Elderberry



Cranberry, Cranberry
Grape, Cranberry
Raspberry, Cranberry
Blackberry, Cranberry
Pomegranate,
Cranberry Mango,
Pomegranate
Blueberry, Blueberry
Blackberry Acai,
Cranberry Cherry,
Raspberry Blueberry



Purple, Red or White
Grape Juice, White
Grape Peach, White
Grape Cherry, Orange
Pineapple Apple

STORE BRANDS

	APPLE	GRAPE	WHITE GRAPE	CRANBERRY	PINEAPPLE	VEGETABLE	TOMATO	PEAR	GRAPEFRUIT
Best Yet	●	●	●	●	●	●	●		
Bowl & Basket	●	●	●	●	●	●	●		
Essential Everyday	●	●	●	●	●	●	●		
Food Club	●	●	●	●	●	●	●		
Food Lion	●	●	●	●	●	●	●		
Freedoms Choice	●	●	●	●	●	●	●		
Giant	●	●	●	●	●	●	●		
Giant Eagle	●	●	●	●	●	●	●		
Great Value	●	●	●	●	●	●	●	●	●
IGA	●	●	●	●	●	●	●		
Parade	●	●	●	●	●	●	●		
Pics by Price Chopper	●	●	●	●	●	●	●		
Signature Select	●	●	●	●	●	●	●	●	●
That's Smart	●	●	●	●	●	●	●		
Tops	●	●	●	●	●	●	●		
Weis	●	●	●	●	●	●	●		

ANY BRAND ORANGE JUICE
Vitamin D & Calcium are okay.

CANNOT BUY: APPLIES TO ALL JUICE

- Ciders
- Cocktails
- Organic juice
- Juices with:
 - Non-nutritive sweeteners
 - Beta-carotene
 - Food colorings
 - Added sugars

Juice FOR WOMEN

11.5-12 OUNCES FROZEN CONCENTRATE

100% PASTEURIZED JUICE



All flavors



Apple



Winter Blend,
Spring Blend,
Summer Blend,
Autumn Blend,
Pineapple,
Grape, Apple,
Orange



All flavors

**ANY BRAND
ORANGE JUICE**

*Vitamin D &
Calcium are okay.*

STORE BRANDS

Always Save
Best Choice
Best Yet
Essential Everyday
Food Club
Freedoms Choice
Giant
Giant Eagle
Great Value
Pics by Price Chopper
Red & White
Signature Select
Tipton Grove
Tops
Weis

APPLE
GRAPE
PINEAPPLE
WHITE GRAPE



48 OUNCE BOTTLES

100% PASTEURIZED JUICE



Apple, Cranberry
Apple, Cranberry
Blend, or Cranberry
Raspberry



Apple



Apple



All flavors



Orange



Traditional Cranberry



Apple, Orange, Pineapple,
Grape, White Grape



Apple

CALCIUM AND VITAMINS C AND D ARE OKAY.

No other added vitamins or minerals are allowed.

- Carbonation
- Omega-3s
- Vitamin A

- Vitamin E
- Alcohol
- Fiber

- DHA
- ARA

Cereals

Cold cereal 12-36 oz packages | Hot cereal 9.8 - 36 oz packages
 Gluten free options are available check for the GF symbol on the box or talk to your WIC nutritionist.

CANNOT BUY: Any other brand, type, size of cereal or organic cereals.



Hot Wheat



Original, Butter



Instant, Original



Instant-Original,
1 or 2.5, Whole Grain



Whole Grain



Original or Flakes



Hot Wheat Cereal,
Coco Wheats



Regular or Multigrain



Corn, Rice,
Wheat, Cinnamon,
Blueberry



Honey Clusters



Wheat Bran Flakes



Cinnamon, Brown Sugar, Honey Nut, Golden Maple



Original, Protein Touch of Cinnamon



Original Bite Size and Little Bite All Flavors



Original, Vanilla



Regular

WAYS TO BUY CEREAL

9

You can buy any combination of WIC approved hot or cold cereals that add up to your total number of ounces on your WIC Benefit Balance.

15 oz

+

21 oz

or

18 oz

+



Regular, Honey Berry Berry



Banana Nut Crunch, Crunchy Pecan



Almonds, Vanilla, Honey Roasted, Honey Bunches of Oats Maple & Pecan, Honey Bunches of Oats Cinnamon Bun



Original and Strawberry



Instant Oatmeal


WHOLE GRAIN CEREALS
 MAKE HALF YOUR GRAINS WHOLE!



CEREALS

STORE BRANDS	TOASTED OATS	CORN FLAKES	CRISPY RICE	CORN SQUARES (OR BISCUITS)	RICE SQUARES (OR BISCUITS)
Essential Everyday	●	●	●	●	●
Food Club	●	●	●	●	●
Giant	●	●	●	●	●
Giant Eagle	●	●	●	●	●
Great Value	●	●	●	●	●
IGA	●	●	●	●	●
Krasdale	●	●	●	●	●
Pics	●	●	●	●	●
Signature Select	●	●	●	●	●
That's Smart	●	●	●	●	●
Tops	●	●	●	●	●
Weis	●	●	●	●	●



Fruits & Vegetables

- ✓ Organic is OK
- ✓ Any Brand

FRESH

BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut



DO NOT BUY:

- * Salad bar items, party platters or fruit baskets
- * Herbs, nuts or peanuts
- * Salad kits with nuts, croutons or dressing
- * Fruits or vegetables with dips
- * Dried fruit, fruit leathers or fruit snacks

FROZEN

BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK



DO NOT BUY:

- * With sugar, breading, honey, butter, sauce, cheese, fat or oil
- * With meat, rice or pasta
- * Fries or tater tots
- * Soup

CANNED

BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass or plastic container
- ✓ Low sodium OK



DO NOT BUY:

- * With added meat, fat, oil, rice or pasta
- * With added sugar or in syrup
- * With non-nutritive sweetener
- * Pickled vegetables, sauerkraut or olives
- * Cranberry sauce or pie filling
- * Soup
- * Jarred salsa or pasta sauce
- * Infant or toddler foods or squeezable pouches
- * Anything with maraschino cherries
- * Relishes and ketchup

Organic fruits and vegetables can be purchased but tend to be more expensive. You will get more food with non-organic items.

Legumes (Beans)

Types of Beans to Purchase:

- 15 to 16 oz cans
- 1 pound of dried beans
- Organic is allowed

Sugar in canned kidney beans is allowed.

You will be allowed to purchase dried or canned beans based on what is on your WIC benefit balance.

Examples, but not limited to the following:

- Black Beans
- Blackeye Peas
- Butter Beans
- Garbanzo Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pink Beans
- Pinto Beans
- Split Peas

CANNOT BUY: Canned green or yellow beans, green lima beans, wax beans, added seasonings (spices), sugars, oils, fats, sauces or meats

NUTRITION FACT

Canned fish, peanut butter, beans and eggs are good sources of protein and cost much less than meat.

Canned Fish

3.75, 5, OR 6 OUNCE CANS ONLY

Any brand Chunk Light Tuna, Pink Salmon or Sardines (including flavored sardines, such as in mustard, tomato sauce or lemon). Can be packed in water or oil.

CANNOT BUY:

- Albacore Tuna
- Brisling Sardines
- Red Salmon
- Organic Fish





Chicken Eggs

CARTONS OF ONE DOZEN

Grades A or AA brown or white chicken eggs are allowed.
Sizes allowed: x-large, large, medium or small
Cage free are allowed.

CANNOT BUY:

- Specialty eggs such as:
 - Vegetarian fed
 - Organic
 - Low cholesterol
 - Fat modified
 - High in omega-3s
 - Free Range
 - Egg Substitute



Peanut Butter

16 TO 18 OUNCE CONTAINERS

Any brand labeled "Peanut Butter" only

CANNOT BUY: Reduced fat peanut butter, peanut butter spread, those mixed with jelly, marshmallow, chocolate or honey, organic peanut butter, added omega-3s, DHA, ARA or non-nutritive sweeteners

Whole Grains

16 OUNCE PACKAGES ONLY

WHOLE WHEAT OR WHOLE GRAIN BREAD & ROLLS



100% Whole Wheat Sandwich Rolls, 100% Whole Wheat Hamburger Rolls



100% Whole Wheat Bread



100% Whole Wheat Bread, Healthy Life 100% Whole Wheat Bread

A SHOPRITE® BRAND
bowl & basket.™

100% Whole Wheat Bread



Stoneground 100% Whole Wheat Bread, Very Thin Soft 100% Whole Wheat Bread or Whole Grain Jewish Rye Seeded Bread

HAUSWALD'S

100% Whole Wheat Bread



100% Whole Wheat with Honey



Classic 100% Whole Wheat Bread



100% Stoneground Whole Wheat Bread Hamotzie, 100% Stoneground Whole Wheat Bread Mezonot or 6 pack Whole Wheat Rolls



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread

STORE BRANDS

100% Whole Wheat Bread

- Best Yet
- Giant
- Weis
- Krasdale
- Giant Eagle
- IGA
- Tops
- Signature Select
- Pics by Price Shopper

Nickles
BAKERY

Country Style 100% Whole Wheat Bread

CANNOT BUY:

- Any other package size, brand or type of whole grain products
- Organic whole grains
- Whole grains with:
 - Added omega-3s
 - Dried fruits
 - Seeds
 - Nuts
 - Extra calcium
 - Vitamin D

Whole Grains

16 OUNCE PACKAGES

TORTILLAS

SOFT CORN OR WHOLE WHEAT



Whole Wheat Fajita,
Corn Taco



Whole Wheat
Tortillas



Whole Wheat, White
Corn Fajita Style,
White Corn Taco
Style



White Corn or
Whole Wheat



Soft White Corn,
100% Whole Wheat
Flour



Whole Wheat
Soft Taco



Corn White



Whole Wheat



White Corn, Yellow
Corn, 100% Whole
Wheat, Fajita Whole
Wheat



Soft Taco Whole
Wheat, Yellow
Corn Extra Thin,
Restaurant Style
Whole Wheat



Whole Wheat



Whole Wheat



Whole Wheat



OATS



Natural Quick Oats and
Old Fashioned Quick Oats



Quaker Oat Bran

WHOLE WHEAT PASTA



Whole Wheat Spaghetti,
Whole Wheat Thin Spaghetti,
Whole Wheat Macaroni, Whole Wheat
Penne, or Whole Wheat Rotini



Whole Wheat Spaghetti, Whole Wheat
Elbow Macaroni, Whole Wheat Penne
Rigate or Whole Wheat Rotini



Whole Wheat Elbows, Whole Wheat
Linguine, Whole Wheat Penne, Whole
Wheat Rotini, Whole Wheat Spaghetti
or Whole Wheat Thin Spaghetti



Whole Grain Penne Rigate,
Whole Grain Spaghetti, Whole Grain
Thin Spaghetti, Whole Grain Rotini or
Whole Grain Linguine

A SHOPRITE® BRAND
bowl & basket™

Spaghetti, Penne Rigate



Whole Wheat Spaghetti,
Penne Rigate Whole
Wheat, Rotini Whole
Wheat, Elbow Macaroni
Whole Wheat, Linguine,
Thin Spaghetti



Whole Wheat Penne
Rigate, Whole Wheat
Spaghetti, Whole Wheat
Angel Hair or Whole
Wheat Rotini



Thin Spaghetti, Linguine, Spa-
ghetti, Elbows, Rotini, Penne

CANNOT BUY: Organic pasta or pasta with added sugars,
fats, oils or salt.

WHOLE GRAIN BROWN RICE



STORE BRANDS



- Best Yet
- Bowl & Basket
- Food Club
- Giant
- Great Value
- IGA
- Signature Select
- Wegman's
- Weis

Infant Foods

INFANT FORMULA

BRAND, TYPE AND SIZE SPECIFIED ON BENEFIT BALANCE

INFANT CEREAL

8 OR 16 OUNCE CONTAINERS

Barley, rice, oatmeal, whole wheat or multigrain
Organic is allowed.

Brands: Beech Nut, Earth's Best Organic, Gerber, Happy Baby or Parent's Choice

CANNOT BUY:

- Cereals with added: DHA, ARA, Fruit, Formula, or Yogurt

INFANT MEATS

2.5 OUNCE CONTAINERS Fully breastfed babies only

- Any meat in broth or gravy
- Variety packs are allowed
- Organic are allowed

Brands: Beech Nut, Earth's Best Organic, Gerber

CANNOT BUY:

- Added DHA, ARA, salt or sugar
- Mixed with:
 - cereal
 - rice
 - noodles
 - vegetables
 - fruit
 - any other ingredients
- Meat sticks

MULTIPACK TIP:



Infant Foods

INFANT FRUITS AND VEGETABLES

2 or 4 OUNCE CONTAINERS

Any single fruit or vegetable, any combination of different fruits and vegetables. Multipacks, variety pack boxes and organic are allowed.

Brands:

- Beech Nut
- Earth's Best Organic
- Gerber
- Happy Baby
- Nature's Promise
- Parent's Choice
- Tippy Toes

CANNOT BUY:

- Added DHA, ARA, salt or sugar
- Desserts
- Squeezable pouches
- Mixed with cereal, noodles, rice, meats, yogurt, flour, starches or any other ingredients

HOW TO PURCHASE 32-4 OZ CONTAINERS OF FRUITS/VEGETABLES

1
128 oz box



10
12 oz boxes
+
4
2 oz containers
OR
2
2 oz double
pack
OR
1
4 oz double
pack

10
12 oz boxes
+
2
4 oz containers
OR
2
2 oz double
pack



32
4 oz containers
OR
32
2 oz double
pack

64
2 oz containers



NUTRITION FACT

Breastfeeding is a priority of the WIC Program. It provides many health, nutritional, economical and emotional benefits to mother and baby.

WICShopper

Simplify Your WIC Shopping

- 1 Install "WICShopper" from your app store.
- 2 Select Pennsylvania as your WIC Agency.
- 3 Select your language under Settings. Some of the languages are: English, Spanish, Arabic, Nepalese, Burmese, Somali, French, Portuguese, or Lingala.
- 4 Register your eWIC card to see your available balance.
- 5 Scan products, EXCEPT fresh fruits and veggies, using the app to verify WIC approved items as you shop. All fresh fruits and veggies are allowed but will not scan on the app.
- 6 View your food list, recipes and more right from the app!

Learn More



@WICEBTShopper



Facebook.com/WICEBTShopper

www.EBTShopper.com



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Basic Rules and Regulations

Self-serve lines are not allowed.

Your WIC benefits will be available at 12:01 AM on the first day of the month and will expire at 11:59 PM on the last day of the month.

The type and quantity of foods you can buy for each month are listed on the WIC Benefit Balance.

If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference with another form of payment (SNAP, Cash, Credit/Debit).

Returns, rain checks or substitutions are not allowed. Identical exchange of store damaged product is allowed.

Coupons, buy one get one free, extra free ounces and discount/club cards are allowed.

Do not sell or exchange eWIC cards, food or formula for cash or credit. This includes selling WIC items online.

Look for the following decal at grocery stores to know where you can use your eWIC card.

**Pennsylvania Women, Infants and Children
(WIC) Nutrition Program**

**We accept
eWIC!**

This is a WIC authorized store.

1-800-WIC-WINS

pennsylvania
DEPARTMENT OF HEALTH

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov

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1-800-WIC-WINS | 1-800-942-9467

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