



EFFECTIVE OCTOBER 1, 2022
THRU SEPTEMBER 30, 2023

PENNSYLVANIA WIC
FOOD LIST
& SHOPPING
GUIDE





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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. The best way to know your balance is to KEEP YOUR LAST RECEIPT!
- Take a picture of your Ending Balance receipt through the WIC Shopper app so you know what is left on your card for the next shopping trip.
- 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 ending balance receipt. It shows your family's available foods and the last day to spend your current benefits.
- 9 Make sure to keep all your receipts if you have any issues at the store. The WIC clinic will need to see them!

Milk

GALLONS OR HALF GALLONS

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.

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 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
- 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



LOWFAT



NONFAT



KOSHER NON FAT YOGURT

Must be listed on WIC Benefit Balance



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. Kasher 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

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 "Fruitable"



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



All flavors except premium flavors



Apple



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



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



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.

48 OUNCE BOTTLES

100% PASTEURIZED JUICE



Apple, Cranberry Apple, Cranberry Blend, or Cranberry Raspberry



Apple



Apple



All flavors



Orange



Traditional Cranberry



Apple



Apple, Orange, Pineapple, Grape, White Grape

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

CALCIUM AND VITAMINS C AND D ARE OKAY.

No other added vitamins or minerals are allowed.

- Carbonation
- Alcohol
- Vitamin A
- Vitamin E
- Fiber
- DHA
- ARA

Cereals

11.8-36 OUNCE PACKAGES

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



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



Original and Strawberry



Honey Clusters



Wheat Bran Flakes



Instant Oatmeal

WHOLE GRAIN CEREALS
MAKE HALF YOUR GRAINS WHOLE!



Cinnamon, Brown Sugar, Honey Nut, Golden Maple



Original, Protein Touch of Cinnamon



Original Bite Size and Little Bite



Regular



CEREALS

TOASTED OATS
CORN FLAKES
CRISPY RICE
CORN SQUARES (OR BISCUITS)
RICE SQUARES (OR BISCUITS)

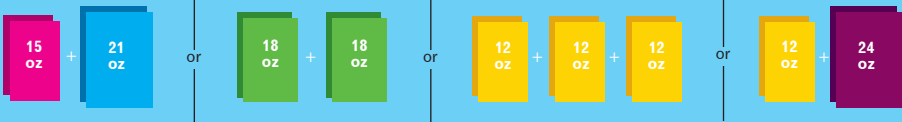
STORE BRANDS

- Essential Everyday
- Food Club
- Giant
- Giant Eagle
- Great Value
- IGA
- Krasdale
- Pics
- Signature Select
- That's Smart
- Tops
- Weis



WAYS TO BUY CEREAL

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.



Fruits & Vegetables

- ✓ Organic is OK
- ✓ Any Brand

FRESH

BUY:

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



FROZEN

BUY:

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



CANNED

BUY:

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



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

DO NOT BUY:

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

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

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



100% Whole Wheat Bread



100% Whole Wheat with Honey



Classic 100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread



100% Whole Wheat Bread



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

STORE BRANDS

100% Whole Wheat Bread

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



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



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, Spaghetti, 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

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 + 2 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
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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 Scan products using the app to verify WIC eligibility as you shop!
- 5 View your food list, capture picture of ending benefit balance, recipes and more right from the app!

Learn More



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.



YOUR WIC AGENCY

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, [complete the USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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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