Kentucky

WIC-Approved Foods

10/01/2015 - 9/30/2016

Cereal

10 ounces or larger

B & G Foods

- Cream of Wheat Instant
- Cream of Wheat Whole Grain
- Cream of Wheat 2 1/2 Minute
- Cream of Wheat Healthy Grain#
- Cream of Rice Instant

General Mills

- Cheerios#
- Multi-Grain Cheerios#
- Fiber One Honey Clusters#
- Wheaties#
- Corn Chex
- Rice Chex
- Wheat Chex#
- Dora the Explorer#
- Go Diego Go#
- Kix#
- Honey Kix#
- Berry Berry Kix#
- Total#

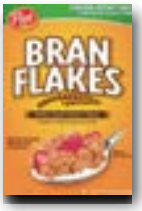
Cereal

Kellogg's

- Scooby Doo Cereal#
- All Bran Complete Wheat Flakes#
- Corn Flakes
- Frosted Mini Wheats Big Bite#
- Frosted Mini Wheats Original#
- Frosted Mini Wheats Little Bites#
- Unfrosted Mini Wheats#

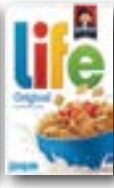
Post

- Bran Flakes#
- Honey Bunches of Oats Honey Roasted
- Grape Nuts Original#
- Grape Nuts Flakes#



Quaker

- Original Instant Oatmeal#
- Life
- King Vitamin
- Oatmeal Squares Golden Maple#
- Oatmeal Squares Brown Sugar#



Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners#
- Oat Blenders with Honey
- Original Hot Wheat Cereal

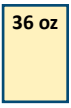
Mom's Best

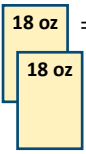
- Naturals Oats & Honey Blend

NO Cereals not listed
NO Organic Cereals

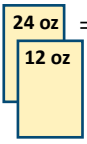
whole grain cereals are denoted with # symbol

To buy 36 ounces of cereal

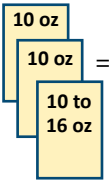




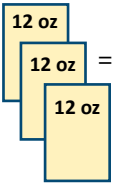
= 36 oz



= 36 oz



= 36 oz



= 36 oz

Juice

Unsweetened 100% Fruit/Vegetable

100% Frozen Fruit Juice
12 ounce

Any brand - Grapefruit or Orange
Seneca - Apple
Old Orchard - Any Flavor

Can or Plastic 100% Fruit Juice
48 or 64 ounce

Any Brand - Grapefruit or Orange
Apple - Lucky Leaf, Musselman's, Seneca, Mott's
Pineapple - Del Monte, Libby's
Big Tex - Any Flavor
Juicy Juice - Any Flavor
Old Orchard - Any Flavor
Texsun - Any Flavor

Can or Plastic 100% Vegetable Juice
48 or 64 ounce

Tomato Juice	Vegetable Juice
Campbell's	Big Tex
Campbell's Low Sodium	Texsun
	V-8
	V-8 Low Sodium

Purchase size shown on EBT shopping list

YES Added calcium

Not allowed
NO 46 ounce juice
NO 11.5 ounce juice
NO Other juices or fruit drinks
NO Organic juice
NO Cocktails
NO V8 Lite, Splash, or Fusion
NO DHA, prebiotics, or artificial sweeteners

Milk

Lowest price brand of the type and size specified and selected

Fat-Free/Skim
Low-Fat (1%)
Reduced-Fat
Whole

Acidophilus &/or bifidum (A/B), lactose free and powdered milks are allowed if shown on EBT shopping list

YES Added calcium

Not allowed

NO Flavored milk, Goat's Milk, Buttermilk, Vitamite 100, Rice, Almond, or Evaporated Milk
NO Organic Milk
NO Added plant sterols, sterols, DHA, ARA &/or Omega 3

Soy Milk

Half-gallon container

To purchase soy milk, it must be shown on EBT shopping list

Soy Milk- Half-Gallon container

Approved Soymilk

Silk Soy
Original

8th Continent
Original

NO other soy milk is authorized.

WIC Cuts the Fat to 1% or Less Milk

For women and children 2 years and older.

- Fewer Calories for a healthier weight.
- Less saturated fat for a healthier heart.
- More calcium for strong bones, teeth and healthy blood pressure.
- Same or more amounts of vitamins A and D.

Cheese

Block, Crumbled, Cubed, Sliced, Shredded, or String
8 or 16 ounce packages only
Lowest price brand of the type and size selected

Brick
Cheddar
Colby
Monterey Jack
Mozzarella
Muenster
Provolone
Swiss

YES Variety packs/blends, low cholesterol, low or reduced-fat, nonfat, fat-free, added calcium and low sodium

Not allowed
NO Deli cheese of any type
NO American Cheese
NO Cheese food, cheese product, cheese spread, pasteurized processed cheese, imitation cheese
NO Added pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked)
NO Organic Cheese
NO Added probiotics (e.g., Live Active, etc.)

Eggs

Grade A - White - Dozen only
Size - Small, medium or large

Not allowed
NO Organic, cage free, free range, low cholesterol, antibiotic free, vegetarian fed hen, multigrain diet fed, and no growth hormone
NO Added Omega 3 or other fatty acids
NO Brown eggs

Dried Beans & Dried Peas

Any Brand
Dried - 16 ounce bag OR
Canned - 15 to 16 ounce

<u>Any</u> plain bean or pea. Some examples include:

Black
Black-eyed
Garbanzo
Great Northern
Kidney
Lentils
Mixed
Navy
Pinto
Red
Speckled

YES Mixed beans (pinto and great northern etc.)
YES Regular or low sodium

<u>Not allowed</u>
NO Added meats, flavorings, sauces, spices/ seasoning, fats, sugars, or oils
NO Organic or baked
NO Canned green beans, green peas, or waxed beans

Peanut Butter

Any Brand
16 to 18 ounce only

YES Chunky, Creamy, Crunchy, or Extra Crunchy
YES Low sodium or low sugar
YES Natural

<u>Not allowed</u>
NO Low carb
NO Chocolate, marshmallow, artificial sweeteners, jelly, honey, or flavors added
NO Tubes, slices or "To Go" containers
NO Organic Peanut Butter
NO Reduced Fat
NO Whips
NO Omega 3, flaxseed, or plus

Breastfeeding

Breastfeeding is best for mother and baby.

Mother's milk is the perfect food for your baby. The milk that your body makes to feed your baby is the best food to keep your baby healthy and happy. There are many benefits of breastfeeding your baby.

Benefits for Baby

- ✓ Most complete form of food for your baby.
- ✓ Provides immunities to your baby.
- ✓ Protects baby against Sudden Infant Death Syndrome (SIDS), ear infections, obesity, allergies, etc.
- ✓ Babies who are breastfed have less gas, spitting up and colic.

Benefits for Mother

- ✓ Decreased risk of breast and ovarian cancer.
- ✓ Helps you return to pre-pregnancy weight faster.
- ✓ Increases bonding with your baby.
- ✓ Cheaper than bottle feeding.

Is my baby getting enough?

Your baby will need to eat 8-12 times per day. This means your newborn baby needs to eat every 1 ½ to 3 hours. Babies have very small stomachs when they are born.

1 Day Old
5-7 ml
size of marble

3 Days Old
22-27 ml/ 1 oz.
size of strawberry

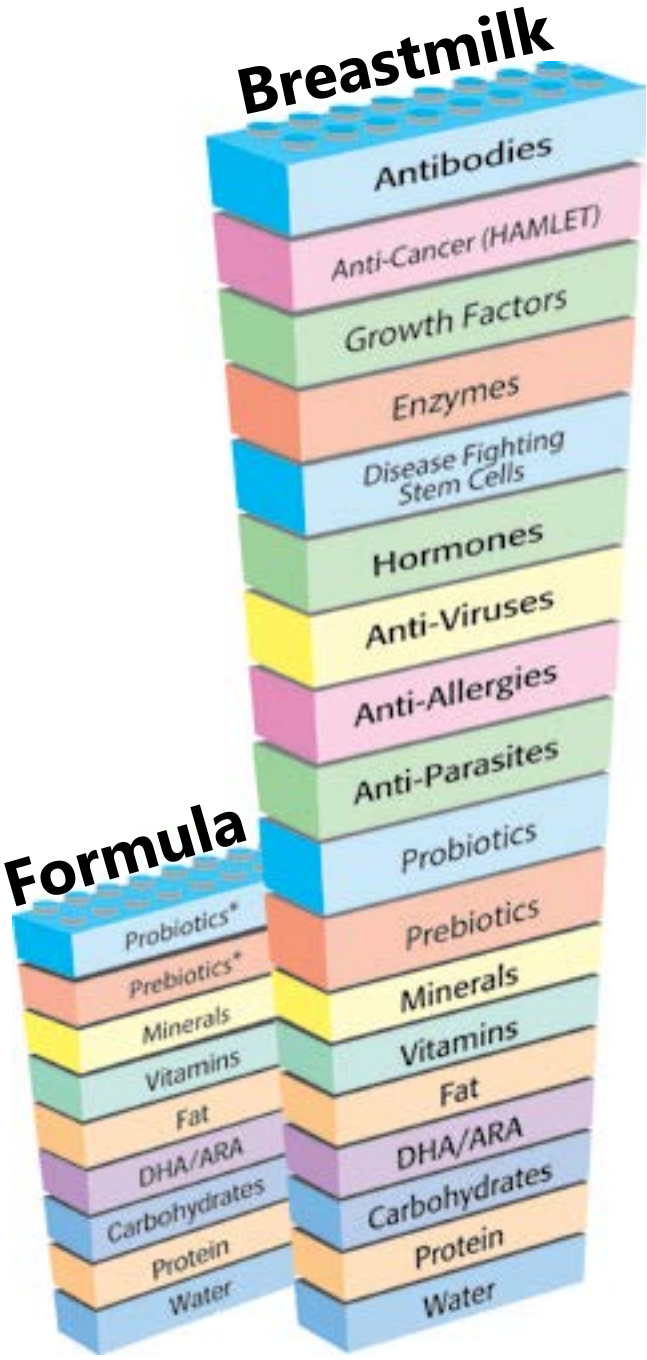
10 Days Old
60-81 ml/ 2-2.7 oz.
size of an egg

To make sure your baby is getting enough:

- ✓ Monitor your baby's weight gain. Babies should have a ½ to 1 ounce weight gain daily the first 6 months of life. Your baby should be back to birth weight by 2 weeks.
- ✓ Count wet and dirty diapers. Your baby should have 6 or more wet diapers and at least 3 dirty diapers after the first 6 days of life.

Breastfeeding

Breastmilk Has More of the Good Things Babies Need



Adapted from California Department of Health Services

Tofu

8 or 14 to 16 ounce container

Nasoya	House Foods	Azumaya	Simple Truth
Extra Firm	Extra Firm	Firm	Firm
Firm	Firm		
Lite Firm	Regular		
Lite Silken			
Soft			
Super Firm Cubed			

To purchase tofu, it must be shown on EBT shopping list

YES Prepared with calcium/magnesium salts

Not Allowed

NO Added fats, sugars, oils or sodium

Fish

Only type and sizes below. Any brand packed only in oil or water.

Pink Salmon - 6 & 7.5 ounce cans only

Sardines - 3.75 & 15 ounce cans only

Tuna Fish - 5 & 6 ounce cans only

To purchase fish, it must be shown on EBT shopping list

YES Regular or low sodium

Not Allowed

NO White or albacore tuna

NO Organic Fish

NO Foil Containers

NO Added seasonings, flavors, or dressings

Whole Grains

Brown Rice
14 <u>or</u> 16 ounce only- Any Brand

YES Instant, quick, or regular

Not Allowed
NO Additives such as herbs, spices, peppers, cheese, or tomatoes

Whole Grains

Tortillas
16 ounce package only

Whole Wheat Tortillas

Best Choice
Carlita
Celias
Dan Pancho
Kroger
La Banderita
Miscasa 100%
Mission 8”
Nuevo Leon
Ortega
Pepito

Corn Tortillas

Carlita
Celias
Dan Pancho
La Banderita
La Burrita
Meijer
Pepito

Not Allowed
NO Additives such as herbs, spices, peppers, cheese, spinach or tomatoes

Whole Grains

100% Whole Wheat & Whole Grain Bread/Buns
16 ounce size only

Aunt Millie's Healthy Goodness 100% Whole Wheat

Bimbo 100% Whole Wheat

Bunny 100% Whole Wheat

Essential Everyday 100% Whole Wheat

Food Lion 100% Whole Wheat

Healthy Life Sugar Free

Holsum 100% Whole Wheat

Kern's 100% Whole Wheat

Kroger 100% Whole Wheat

Meijer 100% Whole Wheat

Nature's Own Whole Grain Sugar Free

Pepperidge Farm Light Style Soft Wheat

Not Allowed

NO White Bread
NO Organic Bread
NO Additives such as herbs, spices, peppers, cheese, tomatoes or raisins

Whole Grains

100% Whole Wheat & Whole Grain Bread/Buns
16 ounce size only

Pepperidge Farm Stoneground 100% Whole Wheat

Pepperidge Farm Very Thin Soft 100% Whole Wheat

Pepperidge Farm Whole Grain Seeded Rye

Roman Meal Sun-grain 100% Whole Wheat

Sara Lee 100% Whole Wheat

Schwebel's 100% Whole Wheat

Wonder 100% Whole Wheat

Healthy Life 100% Whole Wheat Hot Dog Buns

Healthy Life 100% Whole Wheat Sandwich Buns

Combine whole grains to equal the amount shown on your EBT shopping list

EXAMPLE: 16 oz. bread + 16 oz. tortilla = 32 oz.

Fruits and Vegetables

Fresh

YES Whole or cut
YES Organic

Not Allowed
NO Added sugars, fats or oils
NO Ornamental fruits or vegetables such as painted pumpkins or peppers on a string
NO Party trays or fruit baskets
NO Muffins or baked goods
NO Items from the deli
NO Items from salad bar, i.e., potato salad
NO Herbs or spices
NO Sprouts
NO Fruit/nut mixtures
NO Dried fruit or vegetables
NO Canned or pouches
NO Added dressings, croutons, herbs, spices, marinades etc.

Frozen

YES Any brand, variety, or size
YES Whole, cut or mixed
YES Organic
YES With or without salt

Not Allowed
NO Added sugar, syrup, artificial sweeteners, fats, oils
NO Added meat, pasta, rice, nuts, cheese, butter herbs, spices, seasonings, marinades, dressings, condiments or sauces
NO French fries or tater tots
NO Breaded or battered vegetables

Infant Foods

Shape the Future
Breastfeed

Breastmilk is Best.

Formula

Purchase size and type shown on EBT shopping list

Not Allowed
NO Whole, Low-Fat, Skim, Evaporated, or Goat's Milk
NO Organic Formula

Dry Infant Cereal
8 ounce size only

Approved Brands

Gerber | Beechnut | Goya

Not Allowed
NO Additives such as fruit, formula, sugar, yogurt, or DHA & ARA
NO Organic
NO Cereal in jars or pouches

Infant Foods

Infant Fruits & Vegetables
4.0 ounce size only

Approved Brands

Gerber | Beechnut | Goya

YES Plain fruit or vegetable combinations such as peas and carrots, apple and banana, or sweet potato and apple

Not Allowed
NO Additives such as sugars, starches, salt/sodium, yogurt, or DHA & ARA
NO Organic
NO Dinners, desserts, "delights" or puddings
NO Pouches

Infant Meat
2.5 ounce size only

Approved Brands

Gerber | Beechnut | Goya

To purchase infant meat, it must be shown on EBT shopping list

YES Plain meats with gravy

Not Allowed
NO Additives such as fruit, vegetable, or DHA & ARA
NO Oil, sugar, onion or garlic
NO Organic
NO Chicken sticks, Turkey Sticks, or Meat Sticks
NO Gerber Graduates Lil' Meals, Lil' Sides or Lil' Entrees
NO "Dinners"
NO Pouches

Infant Foods

Food Conversions

Infant Cereal

8 oz	+	8 oz	+	8 oz	=	24 oz.

Infant Fruits and Vegetables

Fully Formula & Partially Breastfed Infant
128 oz. = 32 (4 oz.) jars

Fully Breastfed Infant
256 oz. = 64 (4 oz.) jars

Infant Meat

Fully Breastfed Infant
77.5 oz. = 31 (2.5 oz.) jars

WIC GROWING HEALTHY FAMILIES.

Report Violators of Laws and Regulations of USDA Programs

Criminal Activity, such as:

- Bribery
- Smuggling
- Theft
- Fraud
- Endangerment of Public Health or Safety
- Mismanagement/ Waste of Funds
- Workplace Violence
- Employee Misconduct
- Research Misconduct
- Conflict of Interest

Call 1-800-424-9121 or visit www.usda.gov/oig

The identity of complainants is protected under the provisions of the Whistleblower Protection Act of 1989.

Your Rights

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usdagov/complaint filing cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

WIC EBT Shopper: www.EBTShopper.com

Kentucky Public Health