

**WOMEN AND CHILDREN FOOD PACKAGE
(CONTINUED)**

WHOLE GRAIN BREADS - 12, 16 or 24 ounce as specified

- 12 ounce
 - Aunt Millie's 100% Whole Wheat English Muffin (UPC 071314007147)
 - Klosterman 100% Wheat ½ Loaf (UPC 051721003719)
 - Meijer Wheat Pitas (UPC 041250644958)
 - Weight Watchers 100% Whole Wheat Pita Pocket (UPC 183791000050)



- 16 ounce
 - Healthy Life 100% Whole Wheat Whole Grain (UPC 024126008931)
 - Flax Seed Omega 3 (UPC 024126013904)
 - Sugar Free 100% Whole Grain (UPC 024126010491)
 - Nature's Own 100% Whole Grain (UPC 072250017671)
 - Pepperidge Farm Light Style Soft Wheat (UPC 014100071662)
 - Stoneground 100% Whole Wheat (UPC 014100071013)
 - Very Thin Soft 100% Whole Wheat (UPC 014100071327)



- Wonder 100% Whole Wheat (UPC 045000121003)



- 24 ounce
 - Aunt Millie's 100% Whole Wheat (UPC 071314103361)
 - Arnold/Brownberry Healthnut (UPC 073410013144)
 - 12 Grain (UPC 073410013137)
 - 100% Whole Wheat (UPC 073410017456)
 - 100% Whole Wheat Double Fiber (UPC 073410117798)



- Heiner's Old Fashion Stone Ground Wheat (UPC 072610003009)

- Kroger Private Selection 4 Wheat Whole Grain (UPC 011110001528)
- Private Selection 100% Whole Wheat (UPC 011110001979)

- Nature's Own Honey Wheat Berry (UPC 072250914802)
- 12 Grain (UPC 072250914826)
- 100% Whole Wheat (UPC 072250037129)



- Pepperidge Farm Double Fiber (UPC 014100090878)
- Oatmeal (UPC 014100088219)
- Soft Honey Whole Wheat (UPC 014100085973)
- 15 Grain (UPC 014100085980)
- 100% Whole Wheat (UPC 014100085997)



- Sara Lee 100% Multigrain (072945601581)
- 100% Whole Wheat (072945601529)

- Wonder 100% Stoneground 100% Whole Wheat (UPC 045000132016)

NO Additives - herbs, spices, peppers, cheese, tomatoes or raisins

**WOMEN AND CHILDREN FOOD PACKAGE
(CONTINUED)**

**WHOLE GRAIN PRODUCTS - BROWN RICE
14 or 16 ounce package - as specified
Any brand**



NO Additives such as herbs, spices, peppers, cheese or tomatoes

**WHOLE GRAIN PRODUCTS - TORTILLAS
16 ounce package - as specified
Manny's Whole Wheat Tortilla**



NO Additives such as herbs, spices, peppers, cheese or tomatoes



INFANT FOOD PACKAGE

FORMULA

Brand and size as specified

- NO** Whole, Lowfat, Skim, Evaporated or Goat's Milk
- NO** Organic Formula



INFANT CEREAL

8.0 Ounce Box Only

Dry Infant Cereal

- Beechnut
- Gerber
- Nature's Goodness

- NO** Organic infant cereal
- NO** Infant cereal with fruit, formula, sugar or DHA & ARA
- NO** Cereal in jars or plastic containers



INFANT FRUITS AND VEGETABLES

4.0 Ounce Containers Only

- Beechnut
- Gerber
- Nature's Goodness

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

- NO** Infant fruits or vegetables with added sugars, starches or salt/sodium
- NO** Infant fruits or vegetables with added yogurt
- NO** Organic infant fruits or vegetables
- NO** Dinners, desserts, "delights" or puddings
- NO** "Mix and match" of container sizes
- NO** Infant fruits and vegetables with DHA and ARA



INFANT MEATS

2.5 Ounce Containers Only

- Beechnut
- Gerber
- Nature's Goodness

YES plain meats with gravy

- NO** Chicken Sticks, Turkey Sticks or Meat Sticks
- NO** Gerber Graduates Lil' Meals, Lil' Sides or Lil Entrees
- NO** "Dinners"
- NO** 6 ounce containers
- NO** Organic meats
- NO** Nature's Goodness Toddler Cuisine
- NO** "Mix and match" of container sizes
- NO** Infant meats with DHA and ARA



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Breastfeeding
is best for your
baby!

**Kentucky
WIC
Approved Food
List**



**WIC-40
Effective
05-01-09
to
9-30-10**



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Agriculture for USDA's Special Supplemental Nutrition
Program for Women, Infants and Children.