

Iowa WIC Program Approved Foods as of **October 1, 2020**

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES	
<p>CEREAL</p> <p>Cereal is brand and flavor specific</p> <p>Any combination of approved cereals up to the total ounces specified</p> <p>Minimum package size for national brands and store brands is 12 ounces.</p> <p>NO added fruit, yogurt or nuts</p> <p>+ Gluten free * Whole grain cereals</p>	<p>• Ready to Eat Cereal: 12 oz. or larger</p>	
	<p>General Mills: Cheerios – only Plain*+ and Multi-Grain*+; Chex – only Corn+, Rice+, Wheat*; Vanilla+, Blueberry*+ Cinnamon+; Kix – only Plain*, Berry Berry* and Honey*; Wheaties*; Total*; Fiber One Honey Clusters*</p>	<p>Hot Cereal: Plain and Whole Grain*; includes 1 minute, 2 ½ minutes, and 10 minutes Cream of Rice+ Malt-O-Meal Chocolate Malt-O-Meal Original COCO Wheats</p>
	<p>Kelloggs: All Bran*; Corn Flakes; Crispix; Frosted or Unfrosted Mini Wheats – Plain* ,Mixed Berry*, Strawberry*, Blueberry*, Touch of Fruit*, Pumpkin Spice* and Bite Size*; Lil Bites Chocolate*, Special K – Original and Banana*, Special K Protein- Honey Almond Ancient Grains* and Original Touch of Cinnamon*; Rice Krispies</p>	<p>Malt-O-Meal: Corn Flakes; Crispy Rice; Frosted Mini-Spooners – Plain only*</p>
	<p>Post: Grape-Nuts– only Original* and Flakes*; Great Grains- Banana Nut Crunch* and Crunchy Pecan*; Honey Bunches of Oats (Almonds, Cinnamon Bunches, Honey Roasted, Pecan & Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*)</p>	<p>Quaker: Life – Plain*, Strawberry* and Vanilla*; Oatmeal Squares* (Brown Sugar, Cinnamon, Golden Maple, Honey Nut)</p>
<p><i>Continued, next page</i></p>		

<p>CEREAL</p>	<p>• ONLY these store brands 12 oz. or larger:</p> <p>•</p>	
	<p>Bran Flakes*, Corn Flakes, Corn Biscuits/Corn Squares, Crisp(y) Rice, Crispy Hexagons/Twin Grain Crisp, Frosted Shredded Wheat*, Frosted Bite-Size Shredded Wheat*, Multigrain Toasted Oats*/ Multigrain Tosteeos*/Multigrain Medley*/Spins*, Nutty Nuggets*/Crunchy Nuggets*/ Nuggety Nuggets*/Wheat and Crunchy*, Oats and More/Oats and More with Almonds/Honey and Oats, Oat Wise*/Simply Living*/4 Corner Crunch*/Live it Up!/Live Life @ 100%/Crunchy Oat Squares*, Oatmeal Squares*/Oat Squares*, Rice Biscuits/Rice Squares, Toasted Oats*/ Tosteeos*/ Happy O's*/Rollin Oats*, Wheat Flakes*, Wheat Squares*/Wheat Biscuits*</p>	<p>Always Save Best Choice Centrella Clear Value Essential Everyday Fareway/Fastco Food Club Great Value HyTop Hy-Vee IGA Kemach Kiggin's Market Pantry Our Family Save-A-Lot Schnucks Shurfine Signature Select That's Smart Valu Time</p>

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
<p>100% WHOLE WHEAT BREAD/ BUNS</p> <p>NO added fruit, nuts and seeds</p>	<ul style="list-style-type: none"> • Must say “100% whole wheat” on the package and whole wheat must be the first ingredient on the label <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p><u>16 ounce loaf 100% whole wheat loaf approved brands include:</u></p> <p>Arnold Light 100% Whole Wheat Aunt Millie’s 100% Whole Wheat Best Choice 100% Whole Wheat Bunny 100% Whole Wheat Family Choice 100% Whole Wheat Fareway 100% Whole Wheat Great Value Whole Wheat Healthy Life 100% Whole Wheat HyVee 100% Whole Wheat IGA 100% Whole Wheat Lewis Bake Shop 100% Whole Wheat Nature’s Own 100% Whole Wheat Our Family 100% Whole Wheat Ozark Hearth 100% Whole Wheat Pepperidge Farm Stone Ground 100% Whole Wheat Pepperidge Farm Very Thin Sliced 100% Whole Wheat Roman Meal Sungrain 100% Whole Wheat Sara Lee Classic 100% Whole Wheat Schnucks 100% Whole Wheat Shurfine 100% Whole Wheat Shurfresh 100% Whole Wheat Signature Select 100% Whole Wheat Sunny Brook 100% Whole Wheat Village Hearth 100% Whole Wheat Wonder 100% Whole Wheat</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p><u>20 ounce loaf 100% whole wheat approved brands include:</u></p> <p>Best Choice 100% Whole Wheat Sandwich Bread HyVee 100% Whole Wheat Nature’s Own 100% Whole Wheat Nature’s Harvest 100% Stone Ground Whole Wheat Sara Lee Classic 100% Whole Wheat Sara Lee Delightful 100% Whole Wheat</p> </div>

	Signature Select 100% Whole Wheat Village Hearth 100% Whole Wheat
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<p style="text-align: center;">100% WHOLE WHEAT BREAD/ BUNS</p> <p style="text-align: center;">NO added fruit, nuts and seeds</p>	<ul style="list-style-type: none"> • Must say “100% whole wheat” on the package and whole wheat must be the first ingredient on the label <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>24 ounce loaf 100% whole wheat (fully breastfeeding women only) brands include:</u></p> <p>Arnold Dutch Country 100% Whole Wheat Aunt Millie’s Best Grains 100% Whole Wheat Aunt Millie’s Homestyle 100% Whole Wheat Best Choice 100% Whole Wheat Sandwich Bread Brownberry 100% Whole Wheat Brownberry Natural 100% Whole Wheat Country Hearth 100% Whole Wheat Fiber One 100% Whole Wheat Nature’s Pride 100% Whole Wheat New England 100% Whole Wheat Oroweat Whole Grain 100% Whole Wheat Our Family Country Style 100% Whole Wheat Pepperidge Farm Farmhouse 100% Whole Wheat Pepperidge Farm Whole Grain 100% Whole Wheat Sara Lee Hearty & Delicious 100% Whole Wheat Village Hearth NE 100% Whole Wheat</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>16 ounce buns 100% whole wheat packages approved brands include:</u></p> <p>Arnold 100% Whole Wheat Sandwich Buns Brownberry 100% Whole Wheat Sandwich Buns Brownberry 100% Whole Wheat Hot Dog Buns Healthy Life 100% Whole Wheat Sandwich Buns Healthy Life 100% Whole Wheat Hot Dog Buns Natures Harvest 100% Whole Wheat Hamburger Buns Natures Harvest 100% Whole Wheat Hot Dog Buns Oroweat 100% Whole Wheat Hot Dog Buns Sara Lee 100% Whole Wheat Hamburger Buns Sara Lee 100% Whole Wheat Hot Dog Buns</p> </div>

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<p>BROWN RICE</p> <p>NO added flavoring</p>	<ul style="list-style-type: none"> • 14-16 ounce package includes instant and boil-in-bag • 16 ounce any brand of plain regular brown rice 																																																			
<p>SOFT CORN and WHOLE WHEAT TORTILLAS</p> <p>NO added flavoring</p>	<ul style="list-style-type: none"> • 16 ounce package <table border="1" data-bbox="480 747 1412 1696"> <thead> <tr> <th data-bbox="480 747 943 821"><u>Corn Tortillas (Yellow or White)</u></th> <th data-bbox="948 747 1412 821"><u>Whole Wheat Tortillas</u></th> </tr> </thead> <tbody> <tr><td data-bbox="480 827 943 856">Azteca</td><td data-bbox="948 827 1412 856">Azteca</td></tr> <tr><td data-bbox="480 863 943 892">Best Choice</td><td data-bbox="948 863 1412 892">Best Choice</td></tr> <tr><td data-bbox="480 898 943 928">Best Yet</td><td data-bbox="948 898 1412 928">Buenavita</td></tr> <tr><td data-bbox="480 934 943 963">Calidad</td><td data-bbox="948 934 1412 963">Celia's</td></tr> <tr><td data-bbox="480 970 943 999">Carlita</td><td data-bbox="948 970 1412 999">Chi-Chi's</td></tr> <tr><td data-bbox="480 1005 943 1035">Celia's</td><td data-bbox="948 1005 1412 1035">Food Club</td></tr> <tr><td data-bbox="480 1041 943 1071">Chi-Chi's</td><td data-bbox="948 1041 1412 1071">Frescado</td></tr> <tr><td data-bbox="480 1077 943 1106">Don Poncho</td><td data-bbox="948 1077 1412 1106">Great Value</td></tr> <tr><td data-bbox="480 1113 943 1142">Essential Everyday</td><td data-bbox="948 1113 1412 1142">Hormel</td></tr> <tr><td data-bbox="480 1148 943 1178">Food Club</td><td data-bbox="948 1148 1412 1178">HyVee</td></tr> <tr><td data-bbox="480 1184 943 1213">Frescado</td><td data-bbox="948 1184 1412 1213">IGA</td></tr> <tr><td data-bbox="480 1220 943 1249">Guerrero</td><td data-bbox="948 1220 1412 1249">La Banderita</td></tr> <tr><td data-bbox="480 1255 943 1285">Herdez</td><td data-bbox="948 1255 1412 1285">Mama Laupe's</td></tr> <tr><td data-bbox="480 1291 943 1320">HyVee</td><td data-bbox="948 1291 1412 1320">Mission</td></tr> <tr><td data-bbox="480 1327 943 1356">IGA</td><td data-bbox="948 1327 1412 1356">Ortega</td></tr> <tr><td data-bbox="480 1362 943 1392">La Banderita</td><td data-bbox="948 1362 1412 1392">Our Family</td></tr> <tr><td data-bbox="480 1398 943 1428">La Burrita</td><td data-bbox="948 1398 1412 1428">Schnucks</td></tr> <tr><td data-bbox="480 1434 943 1463">Mama Lupe's</td><td data-bbox="948 1434 1412 1463">Shurfine</td></tr> <tr><td data-bbox="480 1470 943 1499">Mission</td><td data-bbox="948 1470 1412 1499">Signature Select</td></tr> <tr><td data-bbox="480 1505 943 1535">Our Family</td><td></td></tr> <tr><td data-bbox="480 1541 943 1570">Pepito</td><td></td></tr> <tr><td data-bbox="480 1577 943 1606">Sara Lee</td><td></td></tr> <tr><td data-bbox="480 1612 943 1642">Shurfresh</td><td></td></tr> <tr><td data-bbox="480 1648 943 1677">Tia Rosa</td><td></td></tr> </tbody> </table>		<u>Corn Tortillas (Yellow or White)</u>	<u>Whole Wheat Tortillas</u>	Azteca	Azteca	Best Choice	Best Choice	Best Yet	Buenavita	Calidad	Celia's	Carlita	Chi-Chi's	Celia's	Food Club	Chi-Chi's	Frescado	Don Poncho	Great Value	Essential Everyday	Hormel	Food Club	HyVee	Frescado	IGA	Guerrero	La Banderita	Herdez	Mama Laupe's	HyVee	Mission	IGA	Ortega	La Banderita	Our Family	La Burrita	Schnucks	Mama Lupe's	Shurfine	Mission	Signature Select	Our Family		Pepito		Sara Lee		Shurfresh		Tia Rosa	
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<p>Oatmeal</p> <p>Oatmeal is brand specific</p>	<p>Quick or Old Fashioned, 16 oz. Container</p> <p>Mom's Best</p> <p>Best Choice</p> <p>Our Family</p>																																																			

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<p style="text-align: center;">100% WHOLE WHEAT PASTA</p> <p>NO added sugars, fats, oils or salt NO pasta made from rice, quinoa, flax, corn or vegetables No organic</p>	<ul style="list-style-type: none"> • Any Brand 16oz • Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni or shells
<p style="text-align: center;">CANNED BEANS</p> <p>NO baked beans, refried bean or chili beans NO soup or soup mix NO added vegetables, fruits, meat, sugars, fats, or oils No organic</p>	<ul style="list-style-type: none"> • Any Brand 15 -16oz • Regular, low-salt or no-salt <p>Includes: black, black-eyed peas, butter, cannellini, garbanzo (chickpeas), great northern, kidney, lima, navy, pinto, red, split peas</p>
<p style="text-align: center;">DRIED BEANS AND PEAS</p> <p>NO mixed beans or soup mix NO added vegetables, fruits, meat, sugars, fats, or oils</p>	<ul style="list-style-type: none"> • Any brand in 16 ounce packages <p>Includes: black, black-eyed peas (cow peas or cow beans), kidney, garbanzo (chickpeas), great northern, lentil, limas (butter beans), navy, pinto, red, soybeans, split peas</p>

<p align="center">FOOD CATEGORY</p>	<p align="center">APPROVED BRANDS OR VARIETIES</p>
<p>PEANUT BUTTER</p> <p>NO peanut butter spreads or reduced fat NO added marshmallows, honey, almonds, jelly, chocolate or similar ingredients NO bulk or freshly ground NO refrigerated</p>	<ul style="list-style-type: none"> • Any-brand in containers of 16-18 ounces <p>Includes: chunky, crunchy, creamy, smooth, low sodium and reduced sugar</p> <p>Must contain more than 90% peanuts and no more than 55% fat</p>
<p>CANNED TUNA</p> <p>NO added ingredients</p> <p>NO white albacore, solid or Yellowfin tuna cans and foil pouches</p>	<p>Any brand of chunk light tuna including water packed and oil packed Minimum container size of 5 ounces; includes cans and foil pouches</p> <p>Includes regular and low sodium</p>
<p>CANNED SALMON</p> <p>NO chum or red salmon</p> <p>NO added ingredients</p>	<p>Any brand of pink salmon with or without bones and skin Minimum container size of 5 ounces; includes cans and foil pouches</p> <p>Includes regular and low sodium</p>

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<p>Juice</p> <p>Only these brands, flavors and container sizes</p> <p>Approved brands and flavors also include calcium-fortified juices</p> <p>Only 100% unsweetened fruit juice</p> <p>Only 100% vegetable juice</p> <p>NO drinks, ades, nectars, juice beverages, infant juices, cocktails, twisters or coolers</p>	<p>• 64 OUNCE BOTTLES – SHELF STABLE</p>	
	<p><u>Apple Juice:</u> Always Save, Apple & Eve, Baymist, Best Choice, Big Tex, Corner Store, Essential Everyday, Fareway, Great Value, Harvest Classic, HyTop, HyVee, IGA, Juicy Juice, Langers, Market Pantry, Mott’s Original, Mrs. Clark’s, Old Orchard, Our Family, Schnucks, Seneca, Shurfine, Signature Select, Textsun, Tipton Grove, Tree Top</p>	<p><u>Blended Fruit Juice (all flavors of these brands):</u> Apple & Eve Cranberry Blends, Best Choice Juice Blends, Big Tex, Great Value, HyVee Cranberry and Pomegranate Blends, HyVee Just Juice, IGA, Juicy Juice, Langers, Libby’s, Market Pantry, Mott’s Apple blends Northland Cranberry Blends, Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Textsun, Welch’s</p>
	<p><u>Grape Juice</u> – White, Purple or Red: Always Save, Baymist, Best Choice, Big Tex, Essential Everyday, Fareway, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Midwest Country Fare, Mrs. Clark’s, Old Orchard, Our Family, Schnucks, Shurfine, Signature Select, Textsun, Tipton Grove, Welch’s</p>	<p><u>Grapefruit Juice</u> – White, Pink or Ruby Red: All brands of 100% grapefruit juice</p>
	<p><u>Orange Juice:</u> All brands of 100% orange juice, with or without pulp</p>	<p><u>Pineapple Juice:</u> Best Choice, Big Tex, Everyday Essential, Fareway, Great Value, HyTop, HyVee, IGA, Langers, Libby’s, Old Orchard, Our Family, Schnucks, Signature Select, Textsun</p>
	<p><u>Tomato Juice or Blended Vegetable Juice:</u> Best Choice, Big Tex, Campbell’s (Regular, Healthy Request and Low Sodium), Diane’s Garden, Essential Everyday, Fareway, Garden Fest, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Mrs. Clark’s, Our Family, Schnucks, Signature Select, Textsun, V-8 Plain only</p>	

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<p>Juice</p> <p>Only these brands, flavors and container sizes</p> <p>Approved brands and flavors also include calcium-fortified juices</p> <p>Only 100% unsweetened fruit juice</p> <p>Only 100% vegetable juice</p> <p>NO drinks, ades, nectars, juice beverages, infant juices, cocktails, twisters or coolers</p>	<p>• 11.5 - 12 OUNCE FROZEN (single flavors only)</p>	
	<p><u>Apple Juice:</u> Best Choice, Food Club, Great Value, HyTop, HyVee, IGA, Market Pantry, Old Orchard, Our Family, Seneca, Shurfine, Tree Top</p>	<p><u>Grapefruit Juice</u> – White, Pink or Ruby Red: All brands of 100% grapefruit juice</p>
	<p><u>Grape Juice</u> – White, Purple Best Choice, Great Value, Market Pantry, Old Orchard, Seneca, Welch’s (with yellow end cap only)</p>	<p><u>Pineapple Juice:</u> Dole, Langers, Market Pantry, Old Orchard</p>
	<p><u>Orange Juice:</u> All brands of 100% orange juice Includes added calcium, with pulp, and pulp-free</p>	
	<p>• 32 OUNCE BOTTLES – SHELF STABLE</p>	
	<p>Tomato Juice or Blended Vegetable Juice: See 64 oz. for brands</p>	
	<p>• 64 OUNCE CONTAINER – REFRIGERATED</p>	
	<p>Orange Juice- All brands of 100% orange juice</p>	

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES		
<p>CASH VALUE VOUCHER FOR FRUITS AND VEGETABLES</p> <p>If purchase exceeds value specified, participant may pay the difference</p>	<p style="text-align: center;">• Dollar value is specified</p> <table border="1" style="width: 100%;"> <tr> <td data-bbox="509 499 938 1087"> <p><u>Fruits</u> Allowed: Fresh fruit, frozen in juice or water</p> <p>Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt.</p> <p>No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p> </td> <td data-bbox="938 499 1409 1087"> <p><u>Vegetables:</u> Allowed: Fresh including any potatoes, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, sugars, pasta or rice;</p> <p>Not allowed: Dried vegetables, herbs and spices, items from salad bars, party trays, nuts including peanuts; Frozen french fries, tator tots, potato rounds, diced potatoes, shredded hash browns, or hash brown patties with fats/oils, seasonings or sugars.</p> </td> </tr> </table>	<p><u>Fruits</u> Allowed: Fresh fruit, frozen in juice or water</p> <p>Not allowed: Syrups or added sugars or sweeteners, added fats, oils, or salt.</p> <p>No dried fruit, items from salad or fruit bars, party trays, fruit baskets, fruit and nut mixtures.</p>	<p><u>Vegetables:</u> Allowed: Fresh including any potatoes, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, sugars, pasta or rice;</p> <p>Not allowed: Dried vegetables, herbs and spices, items from salad bars, party trays, nuts including peanuts; Frozen french fries, tator tots, potato rounds, diced potatoes, shredded hash browns, or hash brown patties with fats/oils, seasonings or sugars.</p>
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<p>Milk</p> <p>Cow's milk — Any brand pasteurized with vitamins added in the container size and fat content specified</p> <p>NO rice or nut milks or milk with special health claims</p>	<table border="1" style="width: 100%;"> <tr> <td data-bbox="509 1129 1409 1381"> <p><u>Cow's Milk:</u> 1 % Lowfat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Whole Milk Nonfat Dry Milk (powdered) Chocolate – Whole, 1% Lowfat or Fat Free Skim Milk</p> </td> </tr> <tr> <td data-bbox="509 1381 1409 1654"> <p><u>Milk Alternatives:</u> Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid) Lactose-Free Milk- Whole (e.g., Dairy Ease or Lactaid) Sweet Acidophilus Milk- Fat free, 1% or 2% Powdered Goat Milk – Nonfat or whole, Meyenberg Brand Only Evaporated Goat Milk – Whole, Meyenberg Brand Only</p> </td> </tr> </table>	<p><u>Cow's Milk:</u> 1 % Lowfat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Whole Milk Nonfat Dry Milk (powdered) Chocolate – Whole, 1% Lowfat or Fat Free Skim Milk</p>	<p><u>Milk Alternatives:</u> Lactose-Free Milk – Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid) Lactose-Free Milk- Whole (e.g., Dairy Ease or Lactaid) Sweet Acidophilus Milk- Fat free, 1% or 2% Powdered Goat Milk – Nonfat or whole, Meyenberg Brand Only Evaporated Goat Milk – Whole, Meyenberg Brand Only</p>
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FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
<p>EGGS</p> <p>NO eggs that make special health claims</p>	<p>Any brand in containers of one dozen</p> <p>USDA Grade A, large, white or brown</p>
<p>CHEESE</p> <p>NO sliced, cubed or crumbles</p> <p>NO added ingredients or flavoring</p> <p>NO processed cheese, cheese spreads or American cheese</p> <p>NO cheese purchased from a service counter</p>	<p>Any brand in 8 ounce or 16 ounce packages</p> <p>Chunk, shredded or Mozzarella string cheese</p> <p>Natural and domestic cheeses including Cheddar, Colby, Colby-Jack, Monterey Jack, and Mozzarella</p> <p>Includes varieties such as medium, sharp, extra sharp</p> <p>2% milk, lowfat, and fat free natural cheeses are also allowed</p>
<p>TOFU</p> <p>No special health claims</p>	<p>16 ounce packages</p> <p><u>Approved brands:</u> Azumaya – Silken, Firm, Extra Firm House Foods (Premium) – Medium Firm, Firm, Extra Firm</p>
<p>SOY BEVERAGE</p>	<p>64 ounce containers</p> <p><u>Approved brands:</u> 8th Continent Original or Vanilla Soymilk Silk Original Soy Beverage</p>

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<p>YOGURT</p> <p>Nonfat, lowfat Whole</p> <p>Plain or flavored Regular or Greek</p> <p>No frozen yogurt, or drinkable yogurt</p> <p>No added ingredients such as granola, nuts, honey, candy pieces, etc.</p> <p>No artificial sweeteners</p> <p>No organic</p>	<p><u>32 oz. Whole:</u> Brown Cow: Maple, Plain, Vanilla</p> <p>Dannon: Plain, Strawberry, Vanilla</p> <p>Lucerne: Plain, Vanilla, Strawberry</p> <p>Mountain High: Plain, Vanilla, Strawberry</p> <p>Oikos: Plain</p> <p>Old Home: Plain, Vanilla</p>	<p><u>32 oz. Whole Greek:</u> Chobani Greek: Plain</p> <p>Great Value: Plain</p> <p>HyVee: Honey Salted Caramel, Plain</p> <p>Greek Gods: Black Cherry Honey, Plain, Strawberry Honey, Vanilla Honey</p> <p>Old Home: Plain, Vanilla</p>
	<p><u>24 oz. Whole:</u> Country View Dairy: Plain</p>	<p><u>24 oz. Whole Greek:</u> Greek Gods: Black Cherry, Chocolate Cherry, Chocolate Mocha, Chocolate Strawberry, Honey, Honey Blueberry, Honey Lemon, Honey Orange, Honey Peach, Honey Salted Caramel, Maple, Strawberry Honey, Vanilla Honey, Pumpkin Spice</p>
	<p><u>24 oz. LowFat:</u> Anderson Erikson: Plain, Vanilla, Strawberry, Cherry Vanilla</p> <p>Country View Dairy: Plain, Vanilla</p> <p>Land O Lakes: Peach, Raspberry, Strawberry, Strawberry-Banana, Vanilla</p>	<p><u>24 oz. LowFat Greek:</u> Greek Gods: Plain</p> <p>Country View Dairy: Plain</p>
	<p><u>24 oz. NonFat:</u> Land O Lakes: Light Plain</p>	<p><u>24 oz. NonFat Greek:</u> Greek Gods: Plain</p>
	<p><i>Continued, next page</i></p>	

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES	
<p>YOGURT</p> <p>Nonfat, lowfat Whole</p> <p>Plain or flavored Regular or Greek</p> <p>No frozen yogurt, or drinkable yogurt</p> <p>No added ingredients such as granola, nuts, honey, candy pieces, etc.</p> <p>No artificial sweeteners</p> <p>No organic</p>	<p>32 oz. LowFat:</p> <p>Best Choice: Vanilla, Plain, Strawberry</p> <p>Coburn Farms: Plain, Vanilla</p> <p>Dannon: Plain, Strawberry, Strawberry-Banana, Vanilla</p> <p>Everyday Essentials: Strawberry, Blueberry, Vanilla, Plain</p> <p>Great Value: Strawberry Banana, Peach, Strawberry, Vanilla</p> <p>HyVee: Blueberry, Peach, Vanilla, Strawberry, Strawberry- Banana</p> <p>Lucerne: Vanilla, Strawberry, Plain</p> <p>Market Pantry: Vanilla</p> <p>Mountain High: Plain, Vanilla</p> <p>Our Family: Blueberry, Peach, Strawberry, Vanilla</p> <p>Prairie Farms: Blueberry, Peach, Strawberry, Vanilla</p> <p>Schnucks: Vanilla, Strawberry, Plain</p> <p>Yoplait: Blueberry, Strawberry, Vanilla, Peach, Strawberry- Banana</p>	<p>32 oz. NonFat:</p> <p>Best Choice: Plain, Vanilla</p> <p>Brown Cow: Plain, Vanilla, Cream Top Plain</p> <p>Dannon: Plain, Strawberry, Strawberry-Banana</p> <p>Everyday Essentials: Plain Great Value: Plain, Strawberry</p> <p>HyVee: Plain</p> <p>Lucerne: Plain</p> <p>Market Pantry: Plain</p> <p>Mountain High: Plain, Vanilla</p> <p>Old Home: Plain, Vanilla</p> <p>Our Family: Vanilla, Plain, Strawberry</p> <p>Schnucks: Plain</p> <p>Shurfine: Plain</p>
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FOOD CATEGOR Y	APPROVED BRANDS OR VARIETIES	
<p>YOGURT</p> <p>Nonfat, lowfat Whole</p> <p>Plain or flavored Regular or Greek</p> <p>No frozen yogurt, or drinkable yogurt</p> <p>No added ingredients such as granola, nuts, honey, candy pieces, etc.</p> <p>No artificial sweeteners</p> <p>No organic</p>	<p><u>32 oz. Nonfat Greek:</u></p> <p>Best Choice: Plain, Vanilla</p> <p>Chobani: Blueberry, Plain, Vanilla, Strawberry</p> <p>Chobani Simply: Vanilla</p> <p>Coburn Farms: Vanilla</p> <p>Dannon Light &Fit: Plain</p> <p>Fareway: Plain, Vanilla</p> <p>Great Value: Plain, Vanilla</p> <p>HyVee: Plain, Vanilla, Strawberry</p> <p>Nostimo: Plain, Vanilla, Strawberry</p> <p>Oikos: Plain, Vanilla</p> <p>Old Home: Plain, Vanilla</p> <p>Open Nature: Plain, Vanilla</p> <p>Our Family: Plain, Vanilla</p> <p><u>32 oz. Lowfat Greek:</u></p> <p>Chobani: Plain</p> <p>Two Good: Plain</p>	<p><u>Yogurt Tubes 8-2oz Lowfat:</u></p> <p>Chobani Greek: Strawberry</p> <p>Chobani Kids: Strawberry Banana</p> <p>Great Value: Strawberry/Blueberry, MelonBerry & Strawberry</p> <p>Go Gurt: Strawberry, Cotton Candy/Melon Berry, Strawberry Riptide/SpongeBob Berry, Super Punch/Hero Berry, Berry/Strawberry, SpongeBob Berry/Strawberry Splash, Sour Patch Kids Red Berry/Blue Raspberry, Jolly Rancher Green Apple Watermelon Hershey's Cookies N Crème</p> <p>Siggi's; Strawberry</p> <p><u>Yogurt Tubes 8-2oz WM:</u></p> <p>Brainiac: Strawberry, Strawberry Banana, Mixed Berry, Cherry Vanilla</p> <p><u>Yogurt Tubes 16-2oz Lowfat:</u></p> <p>Go Gurt: SpongeBob Berry/Strawberry Splash, Berry/Cherry, Strawberry Ice Castle/Vanilla Flurries, Red Berry/Blue Raspberry</p> <p>Simply Go Gurt: Strawberry/Mixed Berry</p>

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
<p>INFANT FORMULA or WIC Eligible Nutritionals</p> <p>NO substitutions</p>	<p>ONLY the brand of formula listed</p> <p>ONLY the container size listed</p> <p>ONLY the type of formula (powder, liquid concentrate or ready to use) specified</p>
<p>INFANT CEREAL</p> <p>NO added fruit</p> <p>NO added formula</p> <p>NO added milk</p> <p>NO special claims such as added DHA/ARA</p>	<p>8 ounce and 16 ounce packages</p> <p>Includes rice, oatmeal, multigrain and whole wheat</p> <p>Approved brands include:</p> <ul style="list-style-type: none"> • Beechnut • Gerber • Tippy Toes
<p>INFANT FRUITS AND VEGETABLES</p> <p>NO added sugars, starches or salt</p> <p>NO desserts</p> <p>NO dinners</p>	<p>4 ounce containers, single or twin pack</p> <p>Includes fruits or vegetables, single flavor or blend</p> <p>May include white potatoes as an ingredient but not the primary ingredient</p> <p>Infants 9-11 months may receive a CVV for the purchase of fresh fruits and vegetables in lieu of a portion of the infant food fruits and vegetables.</p> <p>Approved brands include:</p> <ul style="list-style-type: none"> • Beechnut Stage 2 – Beechnut Stage 2 Organics • Gerber 2nd Foods - Gerber Organic 2nd Foods • Tippy Toes Stage 2 - Tippy Toes Organic Stage 2 • Happy Baby Organic Stage 2 – Earth’s Best Organic Stage 2

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
INFANT MEATS NO dinners NO meat sticks NO added sugars NO added salts	2.5 ounce containers Single flavor, beef, chicken, ham or turkey Includes pureed meat and gravy or broth Approved brands include: <ul style="list-style-type: none">• Beechnut Stage 1• Gerber 2nd Foods• Tippy Toes Stage 2