

FFY 2010 Arizona WIC / ITCA / Navajo Nation Food List

Effective with Arizona WIC and ITCA WIC October 1, 2009

Effective with Navajo Nation WIC June 1, 2009

*In accordance with FNS, USDA WIC Regulations § 246.10/7 CFR Part 246 Interim Rule

| Food Item | Description | Can Buy | Cannot Buy |
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| Milk | <p>Lowest cost brand of refrigerated milk in gallon containers.</p> <p>Whole, reduced fat, low fat, skim or fat free milk as specified on check.</p> | <p>Half gallon and quart containers of milk are allowed only if specified on check.</p> <p>Any brand lactose free milks are allowed if specified on check.</p> <p>Any brand UHT, canned evaporated whole or skim milk, dry whole, non-fat or low fat milk is allowed only if specified on check.</p> | <p>Flavored milks are not allowed.</p> <p>Organic, raw, non-dairy milk, evaporated filled milk, buttermilk, acidophilus, sweetened condensed milk and half and half are not allowed.</p> |
| Soy Based Beverage | <p>When specified on food instrument: 1 quart containers of Pacific Ultra Soy Plain or Vanilla</p> <p>8th Continent, ½ gallon refrigerated, original</p> | <p>Plain or Vanilla flavors only</p> <p>Original flavor only</p> | <p>Pacific Ultra Soy Chocolate flavor and organic is not allowed.</p> <p>8th Continent, flavored, light or organic is not allowed.</p> |
| Goat's Milk | <p>When specified on food instrument: <u>Arizona WIC Only</u>: Meyenberg Goat's Milk, lowfat, quart fresh only</p> | | <p>Evaporated or powdered is not allowed.</p> |
| Cheese | <p>Any brand of plain domestic prepackaged cheese in 16 ounce packages.</p> <p>Only these types:</p> <ul style="list-style-type: none"> • Cheddar (includes longhorn) • Colby (includes longhorn) • Monterey Jack • Mozzarella (whole or part skim-includes string cheese) | <p>Mozzarella string cheese is allowed.</p> <p>Blended cheese (i.e. Colby jack) is allowed.</p> <p>Regular, reduced fat or low sodium is allowed.</p> | <p>Shredded, cubed, added ingredients, cheese from deli counter, random weighted, and organic or imported, cheese food, cheese product, cheese spread and cheese imitation are not allowed.</p> <p>Cheese sticks or cheese swirls are not allowed.</p> <p>Cheeses in packages less than 16 ounces are not allowed.</p> |

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| Tofu | When specified on food instrument: Any eligible brand, up to 16 ounces of calcium set tofu packed in water. | Any Texture (i.e. soft, medium, firm or extra firm) | Organic tofu or tofu with added fat, sugar, oil or sodium is not allowed . |
| Eggs | Any brand of fresh, raw, white chicken eggs in dozen cartons. | Small, medium or large are allowed. | Brown, extra large, jumbo, six pack cartons of eggs, egg substitutes, or specialty eggs that include low cholesterol, DHA, organic, free range, cage free, nest and fertile eggs are not allowed . |
| Cereal | <p>Only these brands for Cold Cereal in 12 ounce packages or larger:</p> <ul style="list-style-type: none"> • Any brand of Crispy Rice • Any brand of Toasty Oats (WG) • Quaker Life (WG) • Quaker Oatmeal Squares (WG) • Quaker Oatmeal Squares Cinnamon (WG) • General Mills Total Whole Grain (WG) • General Mills Kix • General Mills Cheerios – Plain (WG) • General Mills Cheerios – Multigrain (WG) • General Mills Rice Chex • General Mills Corn Chex • General Mills Wheat Chex (WG) • Kellogg’s Corn Flakes • Kellogg’s Special K • Kellogg’s All Bran Complete Wheat Flakes (WG) • Kellogg’s Frosted Mini Wheats | Boxes or bags are allowed. | <p>Organic or variety packs are not allowed.</p> <p>Any package of cold cereal less than 12 ounces are not allowed.</p> <p>Any packages of hot cereal less than 11.8 ounces are not allowed.</p> |

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| | <p>(Bite Size) (WG)</p> <ul style="list-style-type: none"> • Kelloggs Rice Krispies • Malt O' Meal Frosted Mini Spooners (WG) • Malt O' Meal Crispy Rice • Post Banana Nut Crunch (WG) • Post Honey Bunches of Oats Honey Roasted • Post Honey Bunches of Oats Almond • Post Honey Bunches of Oats with Vanilla Clusters (WG) • Post Grape Nuts (WG) <p>Only these brands for hot cereal in 11.8 ounce packages or larger:</p> <ul style="list-style-type: none"> • Cream of Wheat Instant Original Flavor Hot Cereal , individual packets • Malt O' Meal Original Hot Cereal • Quaker Instant Oatmeal Regular Flavor, individual packets (WG) <p>(WG) Indicates the cereal is Whole Grain</p> | | |
| <p>Juice</p> | <p>Only these brands of 100% juice: 64 ounce Shelf Stable:</p> <ul style="list-style-type: none"> • Seneca Apple • Treetop Apple • Welch's Grape and White Grape • Langers Apple, Grape, and Pineapple • Western Family Apple and Grape • Shurfine Apple and Grape • Campbell's Tomato | <p>Blended juices of the following flavor varieties are allowed for frozen concentrate: apple, grape, grapefruit, orange, and pineapple.</p> | <p>Non-frozen concentrate juices are not allowed.</p> <p>Shelf stable or refrigerated blended juices are not allowed.</p> <p>Organic juices are not allowed.</p> |

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| | <ul style="list-style-type: none"> Any brand Orange and Grapefruit <p>64 ounce Refrigerated:</p> <ul style="list-style-type: none"> Any brand Orange or Grapefruit <p>11.5-12 ounce Frozen Concentrate:</p> <ul style="list-style-type: none"> Seneca Apple Dole Pineapple Dole Pineapple-Orange Old Orchard Apple, Grape, and Pineapple Treetop Apple Welch's Grape and White Grape Langers Apple Western Family Apple and Grape Shurfine Apple Any Brand Orange and Grapefruit <p><u>ITCA and NN WIC only:</u> <u>When specified on food instrument:</u></p> <ul style="list-style-type: none"> 5.5-6 ounce containers of Dole Pineapple, Donald Duck Orange and V-8 juice. (Any type). 8 ounce containers of Sunglo juice boxes. (Any flavor). | | |
| <p>Fruits and Vegetables</p> | <p>Any variety of fresh fruits and vegetables are allowed.</p> <p>*No potatoes, except any type of yams</p> | <p>Whole or cut fresh fruits and vegetables are allowed.</p> <p>Bagged or plastic packaged fruits and vegetables, including lettuce, are</p> | <p>White potatoes; herbs and spices; edible blossoms such as squash blossoms; creamed or sauced vegetables; vegetable-grain mixtures; fruit-nut mixtures; breaded</p> |

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| | <p>and sweet potatoes.</p> <p><u>AZ WIC and NN WIC only and only when specified on food instrument:</u> Any eligible brand canned single ingredient fruits and vegetables are allowed if specified on check.</p> | <p>allowed.</p> <p><u>AZ WIC and NN WIC only:</u> Regular or low sodium are allowed</p> | <p>vegetables; fruits and vegetables for purchase on salad bars; fruits with dipping sauces; kits with dressing or dipping sauces; nuts; ornamental fruits and vegetables, such as chilies on a string and painted pumpkins; fruit baskets and party trays; and items such as blueberry muffins are not allowed.</p> <p><u>AZ WIC and NN WIC only:</u> Canned fruit with added sugars, sugar substitutes, fats, oils or salt/sodium are not allowed.</p> <p>Canned vegetables with white potatoes, added sugars, fats, oils, pasta, or rice are not allowed.</p> <p>Pickled (sauerkraut), creamed (including corn), or sauced Vegetables are not allowed.</p> <p>Soups, ketchup, relishes, or olives are not allowed.</p> |
| Whole Grains | <p>Any eligible brand and size labeled 100 % Whole Wheat bread in loaves, buns or rolls as printed on the WIC check.</p> <p>Any eligible brand, up to 1 lb (16 oz.) white or yellow soft corn tortillas.</p> <p>Any eligible brand up to 1 lb. (16 oz.) brown rice, long or short grain.</p> | <p>Store bakery bread, rolls and buns labeled 100% whole wheat is allowed.</p> <p>Jasmine and Basmati brown rice are allowed.</p> <p>Brown rice packaged in bags only</p> | <p>Organic, gluten-free, diet, light or mini-loaves are not allowed.</p> <p>Corn tortilla chips, tostadas and taco shells are not allowed.</p> <p>Instant brown rice is not allowed. Organic rice is not allowed. Rice in plastic containers is not allowed. Seasoned and flavored rice is not</p> |

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| | | | allowed. |
| Dry Beans, peas and lentils | Any eligible brand and type of dry beans, peas or lentils in 16 oz. packages or larger. | Bulk dry beans, peas or lentils are allowed. | Organic, snap beans, fresh, frozen, flavored, seasoned, or gourmet, bean soup mixes, green beans, yellow beans or wax beans are not allowed . |
| Canned Beans | When specified on food instrument: Any eligible brand, up to 16 ounces of canned mature beans and baked beans. | | Added sugar (except for the baked beans) added fat, oil or meat is not allowed . |
| Peanut Butter | Any eligible brand of plain, smooth, chunky or natural peanut butter in 16-18 ounce jars. | | Organic, spreads, added jelly, honey, candy chips, marshmallows, chocolate or peanut butter in tubes are not allowed . |
| Canned Fish | Any eligible brand of water packed chunk light tuna. Any eligible brand of water packed pink salmon. <u>ITCA and Navajo Nation Only:</u> Any brand and any type of sardines in 3.75 ounce cans. | ITCA and NN Only: Flavored and seasoned sardines are allowed. | Solid white or albacore tuna or tuna lunch kits are not allowed . Tuna packed in oil or pouches or with added ingredients is not allowed . Flavored or seasoned tuna is not allowed . Tuna with soy protein added is not allowed . Red sockeye salmon, salmon in pouches or with added ingredients is not allowed . Flavored or seasoned salmon is not allowed . <u>ITCA and NN Only:</u> Brisling sardines or Norwegian Brisling sardines is not allowed . |
| Infant Formula | As printed on the food instrument. | | |
| Infant Cereal | Beech Nut or Gerber, plain single grain infant cereal without fruit in 8 ounce or 16 ounce boxes. | | Organic cereals, high protein cereals and mixed cereals are not allowed . Cereals with added fruit, sugar, yogurt, formula or DHA/ARA are not allowed . |

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| | | | Cereals in jars, cans or variety boxes are not allowed . |
| Infant Fruits & Vegetables | Any eligible brand, Stage 2, any single variety or combination of plain fruits or vegetables in 3.5 ounce or 4 ounce containers. | Multi packs are allowed. Variety packs are allowed. <u>ITCA only:</u> Any eligible brand, any stage, 4.5 ounce single ingredient diced fruit or vegetable with out added salt, sugar or starches are allowed for fully breastfeeding infants only. | Organic, added cereal, formula, DHA & ARA is not allowed . Salt, sugar or starches, desserts, dinners or food combinations are not allowed . |
| Infant Meat | Any eligible brand, any stage, single ingredient infant meats with added broth or gravy in 2.5 ounce containers. | | Organic, added salt and/or sugars are not allowed . Dinners or food combinations are not allowed . |