

Infant Foods

How to find the correct infant foods

Knowing the right infant foods to purchase can be confusing at times. Here are some tips to help you find your eligible WIC infant foods:

Infant Fruits and Vegetables

CAN BUY

Any eligible brand, Stage 2 infant fruits and vegetables

- 3.5 or 4 oz. containers
- Any single variety or combination of plain fruits or vegetables
- Multipacks and variety packs

CANNOT BUY

- Foods with added salt, sugar or starches
- Organic infant foods
- Desserts, dinners and food combinations
- Added formula, cereal or DHA/ARA

Infant Food Meats

(Allowable for fully breastfeeding infants only)

CAN BUY

Any eligible brand, any stage, 2.5 oz. single ingredient infant meats (added broth and gravy allowed)

CANNOT BUY

- Foods with added salt or sugar
- Organic
- Dinners and food combinations

Infant Fruits and Vegetables

CAN BUY



CANNOT BUY



Infant Food Meats

CAN BUY



CANNOT BUY



For a complete listing of all WIC-eligible brands of infant foods by product name please refer to the Eligible Brands List on the Arizona WIC website: <http://www.azwic.gov/foodPack.htm> or call 1-866-229-6561.

