

Whole Grains and Tofu

How to find the correct brands

Knowing the right whole grain to purchase can be confusing at times. Your whole grain options include 100% whole wheat bread, buns, and rolls or brown rice or soft corn tortillas. You may select which whole grain or combination of whole grains you want to purchase in the store. Here are some tips to help you find your eligible WIC whole grains:

100% whole wheat bread, buns, and rolls



CAN BUY

Any eligible brand labeled 100% whole wheat

- Any store bakery brand labeled 100% whole wheat
- Size as printed on the WIC check

Look for up to 16 oz packages or up to 32 oz packages as printed on your WIC check

- If your check states up to 32 oz you may combine multiple sized containers to equal up to 32 oz.

CANNOT BUY

- Organic
- Gluten-free
- Diet or light

WHOLE GRAINS

You may combine multiple sized containers to equal up to 32 oz. Examples:

$$8 + 8 + 16 = 32$$

$$16 + 16 = 32$$

Brown Rice

You may buy up to 16 oz of long grain or short grain brown rice in bags only

CAN BUY

Any eligible brand up to 1 lb. (16 oz.) packages, allowable in bags only

- Long grain or short grain brown rice
- Jasmine and Basmati

CANNOT BUY

- Instant brown rice
- Organic
- Rice in plastic containers
- Seasoned or flavored

Soft Corn Tortillas

You may buy up to 16 oz of plain soft corn yellow or white tortillas. You cannot buy tortilla chips, tostada or taco shells, or flour tortillas of any kind.

If your check states up to 32 oz of WIC eligible whole grains, you may purchase any combination of multiple sizes of any of the three whole grain options to equal 32 oz

Tofu

You may purchase any brand and texture of shelf-stable or refrigerated tofu. You cannot purchase tofu that does not contain calcium in the ingredients. You also cannot purchase tofu that is organic or with added fats, sugars, oils, or sodium.

For a complete listing of all WIC-eligible any brand products by brand 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.

