CHEESE
8 or 16 oz. Packages ONLY
U.S. MADE, PREPACKAGED
Choose any regular, reduced-fat, low-fat, or fat free, low cholesterol, lactose free, low sodium or calcium fortified; Allowed: block, sliced, shredded, stick or string. Kosher cheese must be an Benefit Balance.
Any of the following flavors or combinations of flavors:
• American (Pasteurized Process)
• Cheddar
• Cheddaralea
• Colby (Longhorn)
• Cojack
CANNOT BUY:
• Cubed
• Individually wrapped slices
• Imported
• Deli Service
• Cheese foods
• Smoked cheese

MILK
Gallons or Half Gallons (2 Half Gallons = 1 Gallon)
Any brand pasteurized fluid milk
Low fat (1% or 1/2%), Skim, Whole milk or Reduced fat (2%) as specified on card.
Acidophilus milk is allowed.
Kefir is allowed only if they have a quart of milk listed on their card.
Lactose free, kosher, evaporated or dry milk as specified on card.
CANNOT BUY:
• Flavored Milk
• Buttermilk
• Goat’s Milk
• Organic Milk
• Ultra High Temperature (UHT) processed milk
• Milk in glass bottles
• Milk with added: Calcium, Vitamin C, Omega-3s, Protein, Plant sterols

SOY PRODUCTS
SOY BEVERAGES
32 or 64 oz.

CHICKEN EGGS
Cartons of 1 Dozen
Grades A or AA brown or white chicken eggs are allowed.
Sizes allowed: large, medium or small
CANNOT BUY:
Specialty eggs such as: Vegetarian fed, Low cholesterol, Organic, Fat modified, High in omega-3s, Free Range, Egg Substitute

YOGURT
32 oz. Containers ONLY | Type specified on Benefit Balance
WHOLE FAT
All Natural Plain, Strawberry, Vanilla

LOWFAT
Plain, Vanilla

NONFAT
Plain, Vanilla

CANNOT BUY:
• Greek
• Organic
• Drinkable yogurts

FRUITS & VEGETABLES
ORGANIC
Organic fruits and vegetables may be purchased but tend to be more expensive.
FRESH
Any whole or cut with no added sugars, fats, or oils
CANNOT BUY:
Any brand single ingredient meats, with or without gravy or broth, pureed or diced only.
Any brand 100% vegetable or fruits.

CANNED
Any brand canned, jarred, or multi pack with no added sugars, fats, oils, or sodium (salt).
Whole kernel com and green peas that contain sugar are allowed.
CANNOT BUY:
• With added meat, fat, oil, rice or pasta
• With added sugar or in syrup
• With non-nutritive sweetener
• Pickled vegetables, sauerkraut or olives
• Cranberry sauce or pie filling
• Soup
• Jarred salsa or pasta sauce
• Infant or toddler foods or squeezable pouches
• Anything with maraschino cherries
• Relishes and ketchup

POUCHES (BEANS)
15.5 – 16 oz. Containers

CANNOT BUY:
• Canned green or yellow beans
• Green lima beans
• Wax beans
• Any canned bean item containing: organic beans, fats, added seasonings (spices), sauces, sugars, meats, oils

PA WIC is funded by the USDA. This institution is an equal opportunity provider.
WHOLE GRAINS

Alcohol
Beta-carotene
Whole Wheat
Fiber
Gluten Free Grande
Whole Wheat
Instant-Original, 1
39 oz. Bottles or Cartons ONLY

CHILDREN’S JUICE

FROZEN CONCENTRATE
11.5 – 12 oz. Containers
100% Pasteurized Juice

STORE BRANDS

Best Yet
Essential Everyday
Food Club
Giant
Great Value
Hy-Top
IGA
Parade
Shoptire
Shurfine
Signature Select
Tipton Grove
Tops
Weis

WOMEN’S JUICE

STORE BRANDS

Shurfine
Parade
Hy-Top

CANNOT BUY: CHILDREN & WOMEN JUICES

• Ciders
• Cocktails
• Organic juice
• Juices with:
  - Non-nutritive sweeteners
  - Beta-carotene
  - Food colorings
  - Added sugars
  - Fiber
  - Carbonation
  - Omega-3s

CANNOT BUY:  CHILDREN & WOMEN JUICES

All flavors with:
- Pomegranate,
- Pineapple,
- Raspberry

BRANDS

Shurfine
Parade
Hy-Top

100% Pasteurized Juice

64 oz. Bottles or Cartons ONLY

100% Pasteurized Juice

CANNOT BUY:  CHILDREN & WOMEN JUICES

CANNOT BUY:  CHILDREN & WOMEN JUICES

Any combination of WIC approved hot or cold cereals that add up to 36 ounces or less.

CEREAL

12 oz. Packages or Larger

100% Whole Wheat Bread

• Best Yet
• Essential Everyday
• Giant
• Giant Eagle

CANNOT BUY:

• Any other package size, brand or type of whole grain products
• Organic whole grains
• Whole grains with: Added omega-3s, Dried Fruits, Seeds, Nuts, Extra calcium or Vitamin B

CANNOT BUY:

Whole Wheat Bread

• Best Yet
• IGA
• Signature Select
• Super Bread
• Weis

CANNOT BUY:

Whole Wheat Pasta

CANNOT BUY:

Organic pasta or pasta with added sugars, fats, oils or salt.

WHOLE GRAYNS

16 oz. Packages

WHOLE WHEAT OR WHOLE GRAIN BREAD & ROLLS

100% Whole Wheat Bread

CANNOT BUY:

• Any other brand, type of tortillas or organic.

WHOLE GRAIN BROWN RICE

CANNOT BUY:

Organic.

CANNOT BUY:

Any other brand, type of cereal or organic cereals.

STORE BRANDS

Best Yet
Essential Everyday
Food Club
Giant
Great Value
Hy-Top
IGA
Parade
Shoptire
Shurfine
Signature Select
Tipton Grove
Tops
Weis

CANNOT BUY:  CHILDREN & WOMEN JUICES

Any other brand, type of tortillas or organic.

CEREALES

12 oz. Packages or Larger

Any combination of WIC approved hot or cold cereals that add up to 36 ounces or less.

CEREAL

Any other brand, type of tortillas or organic.

CANNOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.

CANT NOT BUY:

Any other brand, type of tortillas or organic.