Whole Grains

100% Whole Wheat Bread & Buns
16 oz (1 lb) loaf or package only
Allowed brands:
- Arnold “Sliced Buns” and “Sliced Hot Dog Buns”
- Nature’s Own “Sugar Free” and “with Honey”
- Pepperidge Farm “Swirl,” “Light Style,” “Stone Ground” and “Very Thin”
- Sara Lee
- Wonder
- Any store brand

100% Whole Wheat Pasta
16 oz (1 lb) size only
ANY BRAND, ANY SHAPE
100% whole wheat pasta (macaroni product).
“Whole wheat flour” and/or “whole durum wheat flour” must be the only flours listed in the ingredient list.
No added vegetables, sugars, fats, oils, or salt (sodium).

100% Whole Wheat Tortillas
16 oz (1 lb) bag only
ANY BRAND
100% whole wheat tortillas
“Whole wheat flour” must be the only flour listed in the ingredient list.

Corn Tortillas
16 oz (1 lb) bag only
Allowed brands:
- Best Choice
- Essential Everyday
- Mi Tiá
- Mission
- Shurfine
No taco shells or tortilla chips.

Brown Rice
14 to 16 oz bag or box = 1 lb
28 to 32 oz bag or box = 2 lb
Regular, Instant, Boil-in-Bag, Basmati, Jasmine, Short Grain, and Long Grain are allowed.
No white rice or wild rice. No added ingredients such as seasonings. No rice in jars. No frozen rice.

Whole Grains

Oatmeal or Oats
ANY BRAND Instant, Quick, Old Fashioned, or Rolled
16 oz (1 lb) OR 32 oz (2 lb) bag, box, or container
Allowed brands include:
- Hodgson Mill
- Bob’s Red Mill
- Vita-raz
- Finest Brand
- Madame Gougousse
- Mom’s Best
- Goya
- Molinera
- Lakay
- El Sabor
- McCann’s
- JCS
- N’ap boule
- Iberia
- Ti Machan’In
- Yummy
Note: 16 oz and 32 oz Oatmeal or Oats may be purchased as Whole Grains while 11.8 oz and 23.7 oz Quaker,Ralston, and store brands of Instant Oatmeal/Original/Regular may be purchased as Breakfast Cereal.

Bulgur or Cracked Wheat
ANY BRAND 16 oz (1 lb) OR 32 oz (2 lb) bag, box, or container

100% Fruit Juice

Children receive juice in 64 oz bottles (btl), cartons, or jugs.
A gallon size (128 oz) bottle of juice will count as 2 (two) 64 oz bottles.
A 16 oz can of juice concentrate can be bought instead of a 64 oz bottle.
Women receive juice in 48 oz bottles (btl). A 96 oz bottle of juice will count as 2 (two) 48 oz bottles.
An 11.5 or 12 oz can of juice concentrate can be bought instead of a 48 oz bottle.
Apple, Grape, Pineapple, and White Grape Juices must be labeled as “light” juice. No juice blends.
No added sugar or syrup. No juice drinks, beverages, cocktails, or “light” juice. No juice blends.

Refrigerated Plastic Jugs or Cartons

ANY BRAND
Gallon (128 oz)
- Orange
- Pink Grapefruit
- Ruby Red Grapefruit
- White Grapefruit

Plastic Bottles or Jugs

ANY BRAND 48 oz, 64 oz, 96 oz, and Gallon (128 oz) sizes
Apple is the only allowed flavor of Juicy Juice. Note: Other Juicy Juice products such as Grape, White Grape, and Orange Tangerine are not allowed because they are juice blends.
No Apple Cider or Natural Apple Juice. No Kedem Juice. No Welch’s 96 oz size. No Welch’s with Fiber or with Calcium.

Frozen Concentrate

ANY BRAND 11.5 oz, 12 oz, and 16 oz sizes
Welch’s frozen concentrate must have yellow top.
### BREAKFAST CEREAL

9 to 36 oz box or bag  **Allowed items are only those listed.**

No other sizes, flavors, or varieties are allowed.

**General Mills**

- Cheerios
- MultiGrain Cheerios
- Blueberry Cheerios
- Cinnamon Chex
- Corn Chex
- Rice Chex
- Vanilla Chex
- Wheat Chex
- Wheaties
- Total Whole Grain
- Berry Berry Kix
- Honey Kix
- Kix

**Kellogg’s**

- All Bran Complete Wheat Flakes
- Corn Flakes
- Crispix
- Frosted Mini-Wheats: Original
- Little Bites
- Touch of Fruit Raspberry
- Rice Krispies
- Special K Original
- Special K Protein Original Multi-Grain
- Honey Almond Ancient Grains

**Post**

- Great Grains Banana Nut Crunch
- Grape-Nuts
- Grape-Nuts Flakes
- Honey Bunches of Oats: Honey Roasted With Almonds
- Vanilla Bunches: Honey Crunch
- Whole Grain Honey Crunch
- Pecan & Maple Brown Sugar

**Malt O Meal**

- Corn Flakes
- Hot Wheat Original
- Farina Original

**Quaker**

- Instant Grits Original
- Instant Oatmeal Original
- Life Original
- Oatmeal Squares: Brown Sugar
- Cinnamon

**Any Store Brand or Ralston Foods Brand of the following:**

- Bran Flakes
- Corn Flakes
- Corn Squares, Biscuits, Crisps, or Bites
- Crisp Rice/Crispy Rice
- Crispy Hexagons (Corn & Rice)
- Essentially You/Toasted Rice
- Frosted Shredded Wheat/Frosted Wheat
- Instant Grits – Original/Regular
- Instant Oatmeal – Original/Regular (11.8 oz)
- Strawberry Frosted Shredded Wheat
- MultiGrain Flakes
- MultiGrain Medley, Tasteeos, Spins, or Toasted Cereal
- Nutty Nugglets/Crunchy Nugglets/Crunchy Wheat
- Oat Crunch/Oat Wise/Oat Squares/Lively Oats
- Oats & More with Almonds/Almonds & Oats
- Oats & More with Honey/Honey & Oats
- Rice Squares, Biscuits, Crisps, or Pockets
- Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O’s
- Wheat Flakes
- Wheat Squares, Biscuits, or Crisps

**Cream of Wheat or Rice**

- Cream of Rice (Cerna de Arroz)
- Stove Top & Instant GF

- Cream of Wheat: Whole Grain 2½ minute, 1 minute & Instant

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**Keep track of the cereal balance left on your WIC EBT card.** Plan your cereal purchase so you are able to use all of the ounces (oz) for the month. If you buy 12, 18, 24, and 36 oz sizes of cereals, you will be more likely to use all of your cereal ounces.
MILK

- LEAST EXPENSIVE BRAND

Your shopping list will state the allowed fat level, quantity, size, and type of milk that you may purchase.

May buy calcium fortified/enriched milk or milk with probiotics such as acidophilus or bifidus if it is the LEAST EXPENSIVE AVAILABLE of that size and fat level.

No goat’s milk, nut milk, rice milk, or other grain milks.

Whole Milk (for children 1 year of age)
1% Lowfat or Fat Free Milk (for women and children 2 years of age and older)
2% Reduced Fat Milk (under special circumstances for women and children)

Refrigerated milk
- Gallon = gal
- Half-gallon = hgl
- Quart = qt
- 2 pack of gallon size = 2 gal

The following types of milk may only be purchased when listed on the shopping list:

Evaporated Milk
- 12 oz can evaporated milk (whole)
- 12 oz can fat free evaporated milk (skim)

No filled milk. No “2% lowfat” evaporated milk.

Lactose Free Milk
- Half-gallon = 0.50 gal
- 96 oz = 0.75 gal
- Quart = 0.25 gal

Nonfat Milk
- 32 oz pouch (makes 1 qt) = 0.25 gal
- 9.6 oz container (makes 3 qt) = 0.75 gal
- 16 oz box (makes 5 qt) = 1.25 gal
- 25.6 oz box/pouch (makes 8 qt) = 2.00 gal
- 32 oz box (makes 10 qt) = 2.50 gal
- 64 oz box (makes 20 qt) = 5.00 gal

UHT Milk
- Quart = qt

Soy Milk or Soy Beverage

- Allowed refrigerated brands:
  8th Continent Original - half-gallon
  8th Continent Vanilla - half-gallon
  Great Value Original - half-gallon
  Silk Original - 64 oz or 32 oz

- Allowed shelf-stable brands:
  Pacific Foods Ultra Soy Original - 32 oz
  Silk Original - 32 oz

Any frozen beans or peas such as lima beans and blackeye peas are allowed.

FRUITS AND VEGETABLES

Fresh
- ANY BRAND, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.
- Whole or cut up.
- Loose or packed in bags or plastic containers.
- Fresh garlic, onions, scallions, cassava, and yuca are allowed.

Canned (also includes plastic or glass containers)
- ANY BRAND, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.
- Canned fruit must be packed in water or fruit juice and may not have added salt.
- Canned vegetables may be with or without salt and may have added seasonings or spices.
- Applesauce with no sugar added and applesauce/fruit blends with no sugar added.
- Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes, and salsa with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed. Note: Canned green peas and whole kernel corn may have added sugar. Mixed vegetables may include any type of bean.

Frozen
- ANY BRAND, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.
- Any frozen beans or peas such as lima beans and blackeye peas are allowed.

All types of fresh, frozen, and canned potatoes are allowed as long as they have no added sugar, syrup, artificial sweeteners, fat, oil or meat.

No items from the salad bar, party trays, or fruit baskets.
No decorative fruits or vegetables, painted pumpkins, or gourds.
No herbs and spices. No minced garlic in jars. No ginger root.
No edible blossoms, flowers, or plants.
No dried or dehydrated fruits or vegetables.
No baby and toddler fruits and vegetables.
No pouches of fruit purees or fruit pulps. No frozen fruit bars.
No beverages such as fruit juice, tomato juice, and vegetable juice.
No nuts, coconuts, or fruit-nut mixtures.
No ketchup, relishes, pickles, olives, sauerkraut, or mustard.
No jelly, jams, fruit preserves, or apple butter.
No dry or canned beans/peas that are allowed in Beans category.

If the total price of the allowed fruits and vegetables selected by the WIC customer is more than the dollar limit of Fruits and Vegetables, the customer can choose to pay the difference in cash or another form of acceptable payment at check-out time. Or, the WIC customer can remove some of the fruits and vegetables from the purchase so that the cost is less than or equal to the dollar limit. If the dollar amount of the purchase is less than the dollar limit, no change is to be given to the WIC customer.

Organic products are not allowed with any WIC purchases except when buying Fruits and Vegetables and Baby Foods.

When added sugar or syrup is not allowed, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup. When added artificial sweeteners are not allowed, they include: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and ascesulfame-K.

CHEESE

ANY BRAND

8 oz or 16 oz (1 lb) package slices, shredded, block, round, string, or cubes of cheeses listed below. Whole milk, part skim, reduced fat, low fat, and any blends of the cheeses listed below are allowed. Non-smoked and smoked cheeses are allowed.

- American Deluxe
- Cheddar - mild, medium, sharp & extra sharp
- Colby
- Colby Jack
- Cheddar Jack
- Monterey Jack
- Muenster
- Provolone
- Mozzarella
- Swiss
- Mozzarella Cheddar
- Mozzarella Provolone

No cheese product or cheese food. No individually-wrapped slices. No other sizes, flavors, or varieties. No cheese with added ingredients such as Pepper Jack. No imported cheese. No fat free cheese.
BABY FOODS

Regular and Organic brands of baby cereal, baby fruits and vegetables, and baby meats are allowed including Baby Basics, Beech-Nut, Earth’s Best, Gerber, Happy Baby, Nature’s Heart Organic, O Organics, Once Upon A Farm, Parent’s Choice, Pic Select Fresh, and Wild Harvest.

**Baby Cereal**

- **8 oz or 16 oz container.**
  - Barley
  - MultiGrain
  - Oatmeal
  - Oatmeal Millet Quinoa
  - Rice
  - Whole Wheat

No added ingredients such as fruit, formula, yogurt, or DHA.

**Baby Fruits and Vegetables**

ANY BRAND of baby fruits, vegetables, or fruit & vegetable combinations in only these sizes:

- **Jar:** 4 oz
- **Package:** 8 oz with two 4 oz containers
- **Package:** 4 oz with two 2 oz containers

May buy 128 oz variety pack and 12 oz starter kit.

No pouches. No added ingredients such as DHA, sugars, starches, salt, sodium, meat, poultry, cereal, noodles, rice, yogurt, raisins, granola, oatmeal, chia, quinoa, or amaranth. No desserts, dinners, or casseroles. No toddler foods.

You can buy your baby fruits and vegetables with any combination of packages or jars that add up to the total ounces (oz) you receive per month. Here are some examples of how to buy:

- **64 oz:** 16 - 4 oz jars/packages OR 8 - 8 oz packages
- **128 oz:** 32 - 4 oz jars/packages OR 16 - 8 oz packages
- **256 oz:** 64 - 4 oz jars/packages OR 32 - 8 oz packages

**Baby Meats**

For breastfed babies who receive no formula from WIC.

- **2.5 oz jar only.**
  - Beef & Beef Broth/Gravy
  - Chicken & Chicken Broth/Gravy
  - Ham & Ham gravy
  - Turkey & Turkey Broth/Gravy

No meat sticks.

**YOGURT**

ANY BRAND, ANY FLAVOR including Greek Yogurt

Whole Milk Yogurt (for children 1 year of age)

Nonfat or Lowfat Yogurt (0 to 2% fat) (for women and children 2 years of age and older)

For each “tub” on shopping list, these sizes may be purchased:

- one 32 oz (2 lb) tub OR
- one 32 oz (2 lb) package with eight 4 oz servings OR
- two 16 oz (1 lb) packages with four 4 oz servings

No yogurt with more than 40 grams total sugars per 1 cup (8 oz) serving, 30 grams total sugars per 3/4 cup (6 oz) serving, or 20 grams total sugars per 4 oz serving. No yogurt with artificial sweeteners or stevia—many of these yogurts are called “LIGHT” yogurt. No smoothies.

EGGS

- **LEAST EXPENSIVE BRAND**
  - 1 dozen (doz) white chicken eggs in large OR extra large OR jumbo
  - Half dozen size may be purchased.

No specialty or low cholesterol eggs. No brown eggs.

PEANUT BUTTER

ANY BRAND Peanut Butter

Creamy, Crunchy, Chunky, Extra Crunchy, Smooth, Super Chunk, or Natural

No spreads, whipped, or reduced fat.

No Peter Pan Plus, Jif Omega 3, or Simply Jif.

No Natural Jif, Peter Pan, or Skippy (these are spreads).

No added artificial sweeteners, honey, marshmallow, chocolate, or jelly.

LIGHT TUNA, PINK SALMON & MACKEREL

For women who are fully breastfeeding or pregnant with more than one baby.

ANY BRAND 5 to 15 oz can

- Light Tuna
- Mackerel - Atlantic, Pacific Chub, or Jack
- Pink Salmon

Packed in water, spring water, or oil.

No white, albacore, or yellow fin tuna. No sockeye or red salmon. No pouches. No olive oil, lemon, flavored, gourmet, smoked, grilled, blackened, or added ingredients.

BEANS

For each bag of beans on your EBT card, you can buy either a 16 oz bag of dry beans OR 4 (four) 15 to 16 oz cans of beans.

Each can of beans counts as 0.25 bag.

- 1.00 bag = 4 cans
- 0.50 bag = 2 cans
- 0.75 bag = 3 cans
- 0.25 bag = 1 can

Examples of beans include, but are not limited to: black beans, blackeye peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, pink beans, pinto beans, pigeon peas, red beans, soybeans, split peas, and white beans.

Dry Beans 16 oz (1 lb) bag only

ANY BRAND is allowed.

No smaller sizes. No flavored, seasoned, gourmet, or soup mixes.

Canned Beans 15 to 16 oz can only

ANY BRAND is allowed. May be with salt or reduced sodium. May have added sugar, syrup, or dextrose.

No canned green peas, green beans, wax beans, or snap beans. No soups. No chili beans, seasoned beans, refried beans, or baked beans. No added meat, fat, oil, or artificial sweeteners.
At the store, always have:
1. Your WIC EBT card
2. The Florida WIC Foods pamphlet
3. The WIC EBT shopping list
4. Most recent store receipt from a WIC EBT purchase

EXAMPLE
Bottom of Store Receipt from WIC Purchase
QTY UNITS DESCRIPTION
1.00 lb Cheese - 8 or 16 oz
2.00 doz Eggs
72.00 oz Breakfast Cereal
2.00 jar Peanut Butter
2.00 lb Whole Grains
4.00 gal 1% or Fat Free Milk
4.00 btl Juice 46oz (128 oz=2)
12.00 $$§ Fruits + Vegetables

Keep your card away from items such as magnets, cell phones, TVs, and microwaves.

Take Care of your WIC EBT Card
- DO NOT write your PIN on your card.
- DO NOT keep your PIN in your purse or wallet.
- DO NOT give your PIN to anyone that you do not want to use your card.
- DO NOT bend your card.
- DO NOT place your card in direct sunlight, such as on a car's dashboard.
- Keep your card safe and clean.
- Keep your card away from items such as magnets, cell phones, TVs, and microwaves.

What should I do if my card is lost or stolen?
Call Customer Service at 1.866.629.1095. Then you will need to contact your local WIC office about getting a replacement card. If you lose your card, the card will no longer be able to be used even if you find it later.

What if I enter the wrong PIN?
If the correct PIN is not entered by the third try, your PIN will be locked to prevent someone from guessing your PIN and getting your food benefits. Your account will unlock after midnight. After that you will get one more try to enter your PIN correctly. If locked out again, call 1.866.629.1095.

What should I do if someone finds out my PIN?
If someone has your PIN who should not have it, immediately call Customer Service at 1.866.629.1095 and change your PIN.

How will I know my food account balance?
The receipt from every purchase shows the balance, so the easiest way to know your balance is to keep your receipt. If you don’t have your last receipt, get your balance from Customer Service at 1.866.629.1095 or go to the WIC EBT website at www.FloridaWIC.org or from a WIC EBT Point-of-Sale (POS) machine. You should always check the amount of approved foods remaining before you shop.