FLORIDA WIC FOODS

July 2026

Florida HEALTH

FloridaHealth.gov/WIC

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: **https://www.usda.gov/sites/default/files/documents/ad-3027.pdf**, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

(2) fax: (833) 256-1665 or (202) 690-7442; or

(3) email: Program.Intake@usda.gov

This institution is an equal opportunity provider.

DH 150-712, 7/26

Whole Grains

12 to 42 oz loaf, box, bag, or package

Whole Grain Bread Products

Allowed brands:

Any Store Brand
- 100% Whole Wheat Bread, Buns, or Rolls

Arnold/Oroweat
- 100% Whole Wheat Bread, Buns, Hot Dog Rolls, or Sandwich Thins
- 12 Grains & Seeds Bread
- 22 Grains & Seeds Bread - Small Slice
- Healthy Multi-Grain Bread

Baker's Choice
- 100% Whole Wheat Bread

Canyon Bakehouse
- Gluten Free 100% Whole Grain Bread, Muffins, Bagels, or Rolls

Lewis Bake Shop
- Whole Wheat Bread
- 1/2 Loaf Whole Wheat Bread

Martin's
- 100% Whole Wheat Potato Bread

Monks'
- Wheat Whole Grain Bread

Nature's Own
- 100% Whole Grain Bread
- 100% Whole Wheat Bread or Hamburger Buns

Pepperidge Farm
- 100% Whole Wheat Cinnamon Swirl Bread
- 100% Whole Wheat Bread
- Whole Grain 15 Grain Bread
- Whole Grain Oatmeal Bread
- Whole Grain Honey Wheat Bread

Sara Lee
- 100% Whole Wheat Bread

Wonder
- 100% Whole Wheat Bread

Thomas'
- 100% Whole Wheat Bagels or English Muffins

100% Whole Wheat Pasta

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

Any brand

"Whole wheat flour" must be the only flour listed in the ingredient list.

Corn Tortillas

Any brand

Brown Rice

Any brand

Regular, Instant, and Boil-in-Bag

No gourmet rice or rice in jars.
No added ingredients such as seasonings.
No frozen rice.

Oatmeal or Oats

Any brand

Instant, Quick, Old Fashioned, or Rolled

No steel cut oats. No oats with added ingredients.

Note: 9.8 oz and 23.7 oz Quaker or 11.85 oz store brands of Instant Oatmeal Original/Regular are purchased as **Breakfast Cereals.**

Bulgur or Cracked Wheat

Any brand

Juice

Juices must be labeled as 100% juice. Any juice other than orange or grapefruit juice must have 72 mg (80%) or more vitamin C per 8 fl oz serving. Juice may have added calcium or vitamin D. Juices must be pasteurized. A gallon size (128 fl oz) bottle of juice will count as 2 (two) 64 fl oz bottles.

No juice drinks, beverages, cocktails, or "light" juice.

Refrigerated Plastic Jugs and Cartons

Any brand

Gallon (128 fl oz)
- Orange Juice

Any brand

Half-gallon (64 fl oz)
- Orange Juice

Shelf-Stable Plastic Bottles and Jugs

Any brand

64 and 128 fl oz bottles and jugs

- Apple Juice
- Cherry Juice
- Grape Juice
- Orange Juice
- Pear Juice
- Pineapple Juice
- Grapefruit Juice
- White Grape Juice
- Any Flavor 100% Fruit Juice Blend
- Low Sodium Tomato Juice
- Low Sodium Vegetable Juice

Tofu

Any brand including organic brands

14 to 16 oz package

Tofu must contain at least 85 mg calcium per 3 oz (85 g) tofu.

No added fats, sugars, oils, or sodium.

Cheese

Any brand

16 oz (1 lb) and 32 oz (2 lb) packages

Slices, shredded, block, round, string, or cubes of cheeses listed below. **Whole milk, part skim, reduced fat, lowfat, and any blends** of the cheeses listed below are allowed. Non-smoked and smoked cheeses are allowed. Only cheeses sold in the Dairy section of the store are allowed.

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

No specialty cheeses.
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.

Breakfast Cereal

9 oz or larger box or bag No packages with single-serving pouches or boxes.

Cereals with ★ contain whole grain as the first ingredient. GF = Gluten Free

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.

General Mills

Cheerios ★ GF
MultiGrain Cheerios ★ GF
Cheerios Hearty Nut Medley
Maple Cinnamon ★
Cheerios Veggie Blends:
- Apple Strawberry ★ GF
- Blueberry Banana ★ GF

Bluey Cereal ★
Kix ★
Total ★
Wheaties ★

Mott's:
- Apple Cinnamon ★
- Very Berry ★

Chex:
- Blueberry ★ GF
- Cinnamon ★ GF
- Corn ★ GF
- Rice ★ GF
- Strawberry Vanilla ★ GF
- Wheat ★

Kellogg's

Complete Bran ★
Corn Flakes
Crispix
Raisin Bran ★
Raisin Bran Protein Touch of Cinnamon ★
Rice Krispies

Special K:
- Original
- Protein Original Multi-Grain Touch of Cinnamon ★
- Cinnamon Pecan ★
- Protein Banana Nut Bread ★

Frosted Mini Wheats:
- Original ★
- Little Bites Original ★
- Blueberry Muffin ★
- Cocoa ★
- Strawberry ★

Post

Grape-Nuts ★
Grape-Nuts Flakes ★
Raisin Bran ★
Bran Flakes ★

Great Grains:
- Banana Nut Crunch ★
- Red Berry Almond Crunch ★
- Crunchy Pecan ★
- Raisins, Dates & Pecans ★
- Cranberry Almond Crunch ★

Honey Bunches of Oats:
- Honey Roasted
- With Almonds
- Vanilla
- Cinnamon Bunches
- Maple & Pecans
- With Strawberries

Kashi

Apple Cinnamon Loops ★

Quaker

Instant Oatmeal Original ★
Instant Grits Original
Oatmeal Squares Brown Sugar ★
Oatmeal Squares Honey Nut ★
Life Original ★
Mighty Life Very Vanilla ★
Mighty Life Strawberry Blueberry Bliss ★

Mountain View Farm

Instant Oatmeal Original ★

Malt O Meal

Hot Wheat Original

Raisin Bran ★

Frosted Mini Spooners ★

Cream of Rice

Cream of Rice 2½ minute GF

Cream of Wheat

Cream of Wheat Original 2½ minute

Cream of Wheat Whole Grain 2½ minute ★

Avelina

Instant Rolled Oats ★ GF

Any store brand of the following:

Bran Flakes ★
Corn Flakes
Corn Squares, Biscuits, Crisps, or Bites
Crisp Rice/Crispy Rice
Frosted Shredded Wheat ★
Instant Oatmeal – Original/Regular ★
MultiGrain Flakes ★
MultiGrain Medley, Tasteeos, Spins, or Toasted Cereal ★
Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat ★
Oat Crunch/Oat Wise/Oat Squares/Lively Oats ★
Raisin Bran ★
Rice Squares, Biscuits, Crisps, or Pockets
Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O's ★
Wheat Flakes ★
Wheat Squares, Biscuits, or Crisps ★

Milk

Any brand

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

No goat milk, flavored milk, kefir, or buttermilk.

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:

UHT Milk

- Quart = qt

Evaporated Milk

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

No filled milk. No "2% lowfat" evaporated milk.

Nonfat Dry Milk

- 3.2 oz pouch makes 1 quart = 0.25 gal
- 9.6 oz container makes 3 quarts = 0.75 gal
- 16 oz box makes 5 quarts = 1.25 gal
- 25.6 oz box/pouch makes 8 quarts = 2.00 gal
- 32 oz box makes 10 quarts = 2.50 gal
- 64 oz box makes 20 quarts = 5.00 gal

Lactose Free Milk

- Half gallon = 0.50 gal
- 96 fl oz = 0.75 gal
- Quart = 0.25 gal
- Lactose Free Nonfat Dry Milk: 16 oz pouch makes 7 quarts = 1.75 gal

Plant-Based Milk Alternatives

- 8th Continent Original Soymilk 1/2 gallon
- bettergoods Original Soymilk 1/2 gallon
- Silk Original, Vanilla, and Unsweet Soymilk 64 fl oz
- Silk Original Soymilk 32 fl oz
- Pacific Foods Ultra Original Soy Milk 32 fl oz

- 64 fl oz or 2 quarts = 1 hgl
- 1 quart (32 fl oz) = 0.5 hgl

Fruits and Vegetables

Fresh

- **Any brand**, variety, size, or mixture of fresh fruits or vegetables with no added sugar, syrup, artificial sweeteners, stevia, fat, or oil.
- Whole or cut up.
- Loose or packed in bags or plastic containers.
- Fresh garlic, onions, scallions, cassava, and yuca are allowed.
- Fresh herbs are allowed—cut at the root or with the root intact. **Dried herbs and spices are not allowed. Potted plants are not 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, stevia, fat, oil, or meat.
- 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. Canned green peas and whole kernel corn may have added sugar. Mixed vegetables may include any type of beans.

Frozen

- **Any brand**, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, stevia, 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.

The following are not allowed:
dried fruits and vegetables; baby or toddler fruits and vegetables; fruit and vegetable purees in pouches; canned beans, peas, or lentils in the Beans category; spices; minced garlic in jars or tubes; nuts; seeds; coconut; fruits and vegetables packaged with dips, sauces, or glazes; breaded vegetables; fruits and vegetables from salad bars; fruit baskets; garlic on a string; gourds; painted pumpkins; decorative blossoms and flowers; home-canned and home-preserved fruits and vegetables; condiments such as mustard and ketchup; pickled vegetables; sauerkraut; olives; soups; juices; jelly or jam; fruit leathers or roll-ups; frozen fruit bars; and frozen fruit pulps.

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, Baby Foods, and Tofu.

When added sugar or syrup is not allowed, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, maple syrup, and sugar from concentrated fruit or vegetable juices. Artificial food dyes and artificial sweeteners are not allowed. Examples of artificial sweeteners: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and acesulfame K.

Baby Foods

Regular and Organic brands:
Early On, Earth's Best, and Gerber

8 oz or 16 oz container

- Corn
- MultiGrain
- Oatmeal
- Rice

No baby cereal with added ingredients such as fruit or probiotics.

Baby Fruits and Vegetables

Regular and Organic brands: Beech-Nut, Early On, Gerber, Good & Gather, Happy Baby, Mom's Organic Choice, Once Upon A Farm, Parent's Choice, Tippy Toes, Wild Harvest, and Yummy Organics

Plain baby fruits, vegetables, or fruit/vegetable combinations in only these sizes:
4 oz jar or tub
4 oz package: 2-pack of 2 oz containers
8 oz package: 2-pack of 4 oz containers
May buy packages of 12, 32, 64, 80, and 128 oz.

No baby fruits and vegetables in pouches.
No fruits and vegetables with added ingredients such as grains, yogurt, meat, or sugar.

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

Baby Meats

For breastfed babies who receive no formula from WIC.

2.5 oz jar: Gerber and Beech-Nut
May buy 10 oz packages.

- Beef and Beef Broth/Gravy
- Chicken and Chicken Broth/Gravy
- Ham and Ham Gravy
- Turkey and Turkey Broth/Gravy

No meat sticks.

Yogurt

Your shopping list will state the allowed fat level of yogurt that you may purchase.

Any brand, any flavor

Original or Greek 32 oz tub whole, lowfat, reduced fat, or fat free yogurt

Original 16, 24, 32, 48, and 72 oz multipacks of single serving reduced fat, lowfat, or fat free yogurt

Yogurt cannot have more than 12 g added sugar per 6 oz (170 g) or more than 8 g of added sugar per 4 oz.

In April 2027: Any yogurt with vitamin D of less than 79.5 IU (2 mcg) per 6 oz (170 g) or 53 IU (1.34 mcg) per 4 oz will be removed from the WIC approved list.

No yogurt in tubes.
No yogurt with artificial sweeteners or stevia—many of these yogurts are called "LIGHT" yogurt.
No smoothies or drinkable yogurt.

Eggs

Any brand

1 dozen (doz) white chicken eggs

- Medium
- Large

No brown eggs. No extra large or jumbo eggs.
No eggs in 1/2 dozen size. No organic eggs.

Peanut Butter

Any brand

15.5 to 18 oz jar
Creamy, Crunchy, Chunky, Extra Crunchy, Smooth, Super Chunk, or Natural

No spreads, whipped, powdered, or reduced fat.
No added artificial sweeteners, honey, marshmallow, chocolate, or jelly.

Canned Fish

Any brand

Light Tuna and Pink Salmon 5 oz can or larger

Sardines and Mackerel (Atlantic or Pacific Chub) any size can

Fish may be packed in oil, water, sauces, and flavorings.

No fish in pouches.
No White, Albacore, or Yellowfin Tuna.
No Sockeye, Red, or Coho Salmon.
No Jack or King Mackerel.

Beans

For each bag or pound (lb) 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
0.75 bag = 3 cans
0.50 bag = 2 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) and 32 oz (2 lb) bag

Any brand

No flavored, seasoned, gourmet, or soup mixes.

Canned Beans

15 to 16 oz can

Any brand

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 bottom of the store receipt you will see how much food is left on your card for the current month.

EXAMPLE
Bottom of Store Receipt from WIC Purchase

QTY	UNITS	DESCRIPTION
1.00	lb	Cheese
2.00	doz	Eggs
72.00	oz	Breakfast Cereal
2.00	jar	Peanut Butter
32.00	oz	Whole Grains
4.00	gal	1% or Fat Free Milk
4.00	btl	Juice64oz (128 oz=2)
12.00	$$$	Fruits + Vegetables

**** CARDHOLDER COPY ****

Purchasing some package sizes may leave small quantities of food on your shopping list that cannot be redeemed. Check sizes to get the most out of your monthly allowance.

WIC EBT Customer Service
866-629-1095
FloridaHealth.gov/WIC

Call the toll-free number or visit the website:

- If you lose your WIC EBT card.
- If you forget or need to change your 4-digit secret PIN.
- If you do not know what foods are available on your WIC EBT card.
- If your card won't work.
- If you have other questions.

Florida Department of Health
WIC Program
800-342-3556

WIC customers may never receive cash refunds, gift cards, change, rain checks, or IOUs in exchange for a WIC EBT card or food/formula obtained with a WIC EBT card. WIC customers are not to exchange foods obtained with a WIC EBT card, except for exchanges of an identical item when the original item is defective, spoiled, or outdated. Baby formula purchased with a WIC EBT card may not be exchanged for another brand or type of formula. Formula can only be exchanged for a different brand or type at the WIC office. WIC customers can be taken off of the WIC program for selling WIC foods or trying to get a cash refund for WIC foods. This includes selling on eBay, Craigslist, other websites or in person.

Your Florida WIC EBT Card

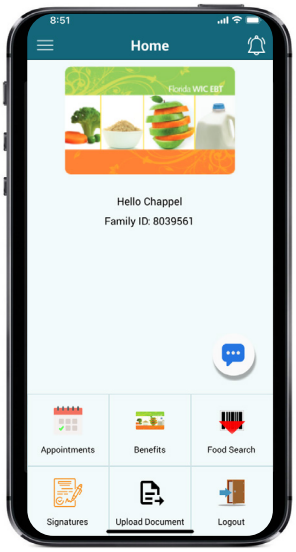
EBT stands for Electronic Benefits Transfer. All of the foods for your family will be together on one card. There will be a begin date and end date to buy your family's food each month. You can choose how little or how much you want to buy each time you go grocery shopping with your WIC EBT card. Make sure you buy all of the foods on your shopping list within the allowed dates. Benefits will be in your account at 12 midnight on the beginning date and will expire at 12 midnight on the ending date.

At the WIC Office

- You will receive your WIC EBT card.
- You will receive your WIC EBT shopping list which shows all of your family's WIC foods for each month.
- You will receive a list of stores where you can use your WIC EBT card.

At the Grocery Store

- Always have your WIC EBT card and know your 4-digit secret PIN.
- You should also have the Florida WIC Foods pamphlet and your WIC EBT shopping list. The Florida WIC App contains this information. If you are not using the Florida WIC App, you will need to check your most recent store receipt from a WIC EBT purchase or call 866-629-1095 to find out your benefit balance for each food category.
- Give the cashier any coupons. When a purchase is made with a WIC EBT card, the store must honor all cents-off coupons; store or manufacturer promotions such as buy one, get one free or buy one, get one at a reduced price; and store savings card or customer reward card.
- Some stores may tell you to separate your WIC foods from other foods.
- Once you swipe your card and select "yes," the transaction **cannot** be canceled or voided.
- Your store receipt and the Florida WIC App will tell you what foods you bought with your WIC EBT card and what foods you have left on your card.



Florida WIC App

Use the Florida WIC App on your smartphone to view information about your WIC food benefits.

To get started, visit the App Store or Google Play to install the App or scan the QR code. Use your Florida WIC EBT card to register.