



**Department of
Health**
Women, Infants, and
Children Program (WIC)

This institution is an equal opportunity provider.

10/2026



Authorized Infant Food List



**Department of
Health**
Women, Infants, and
Children Program (WIC)

Infant Fruits



Gerber brand second foods only;
4-ounce plastic containers only.
Only the specific types as listed below:



Apple



Apple Avocado



Apple Blueberry



Apple Cherry



Apple Peach Squash



Apple Strawberry Banana



Apricot Mixed Fruit



Banana



Banana Apple Pear



Banana Blackberry Blueberry



Banana Carrot Mango



Banana Orange Medley



Banana Plum Grape



Mango



Peach



Pear



Pear Pineapple



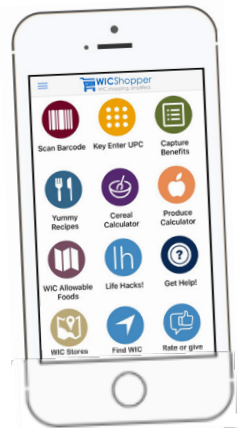
Prune Apple



WICShopper is a mobile app that lets you scan products to verify that they are WIC-authorized, view the Authorized Food List, get recipe ideas, calculate produce, and more!

Download it today!

- Always check your “EBT Card Benefits” printout and/or receipts to verify the individual items you have on your WIC Nutrition Card.
- If you are experiencing difficulties purchasing an item with your WIC Nutrition Card or scanning an item, please visit “I couldn’t buy this!” in the WICShopper App to submit the issue.



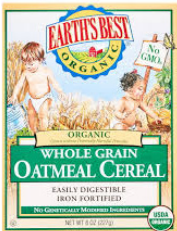
I couldn't buy this!

Infant Cereal



Earth's Best Organic brand only; 8-ounces containers only; all flavors of iron fortified cereal.

NOT ALLOWED: With added fruit; with added DHA/ARA; cereal in jars; variety packs.



Oatmeal



Rice



Multi-grain



Gerber brand only; 8-ounce containers only.

NOT ALLOWED: With added fruit; with added DHA/ARA; cereal in jars; variety packs.



Multigrain



Baby Grits



Rice



Gluten Free Oatmeal



Oatmeal

Infant Vegetables



Gerber brand second foods only; 4-ounce plastic containers only. Only the specific types as listed below:



Butternut Squash



Carrot



Carrot Mango Pineapple



Carrot Sweet Potato Pea



Green Bean



Pea



Pea Carrot Spinach



Pear Zucchini Corn



Pumpkin



Sweet Potato



Sweet Potato Apple Pumpkin



Sweet Potato Corn



Sweet Potato Mango Kale

Infant Fruits



4-ounce plastic containers only. Only the specific types as listed below



Apple, Banana & Kale



Apple, Blueberry & Sweet Potato



Apple, Strawberry & Zucchini



Apple, Banana & Kale



Pear Squash & Raspberry



Pear, Strawberry & Carrot

Infant Meats



Available to exclusively breastfeeding participants only; Gerber brand second foods only; 2.5-ounce glass jars only; Only the specific types as listed below:



Beef & Gravy



Chicken & Gravy



Ham & Gravy



Turkey & Gravy

Infant Fruits And Vegetables



HappyBaby brand 2nd Foods only; 4-ounce glass containers only. Only the specific types as listed below:



Apples & Spinach



Bananas & Strawberries



Bananas & Strawberries



Carrots & Peas



Pears & Prunes



Infant Fruits And Vegetables



Meijer brand foods only;
2-4-ounce plastic twin-pack;
Only the specific types as listed:



Apple Banana
Strawberry



Apple
Blueberry



Mixed
Vegetables



Corn Green
Beans



Sweet
Potato Corn



Tippy Toes brand foods only;
2-4-ounce plastic twin-packs.
Only the specific types as listed below:



Apples



Apple Banana



Apple Banana
Strawberry



Apple
Berry



Apple Carrot
Mango



Apple
Mango



Apple Pear
Banana



Apple Sweet
Potato



Bananas



Squash



Squash Apple
Pear



Mixed
Vegetables



Carrots

Infant Fruits And Vegetables



Gerber brand 2nd Foods only;
4-ounce glass containers only.
Only the specific types as listed below:



Apple
Cherry Berry



Apple
Strawberry



Apple Sweet
Potato Pear



Apple Zucchini
Spinach



Banana Avocado
Spinach



Butternut
Squash Orange



Gerber® 2nd Foods® Organic;
4-ounce glass containers only.
Only the specific types as listed below:



Apple
Wild Blueberry



Apple
Strawberry
Beet



Apple
Spinach
Kale



Mango Apple
Banana



Sweet Potato
Apple Carrot
Cinnamon

Infant Fruits And Vegetables



Beechnut Naturals or Organics; 2nd Stage Foods only:



Apple



Apple
Blueberries



Apple Mango
Kiwi



Banana



Banana
Strawberries



Mixed
Vegetables



Pear



Pear
Pineapple



Pear
Raspberries



Potato



Carrots



Sweet
Peas



Beechnut Naturals or Organics; 2nd Stage Foods only:



Apple
Blueberries



Apple
Pea Kiwi



Apple
Raspberry
Avocado



Banana



Banana
Strawberry
Blueberry



Mango
Apple
Banana



Mango
Carrot



Pear
Mango
Strawberry



Prune
Pear



Spinach
Zucchini
Peas