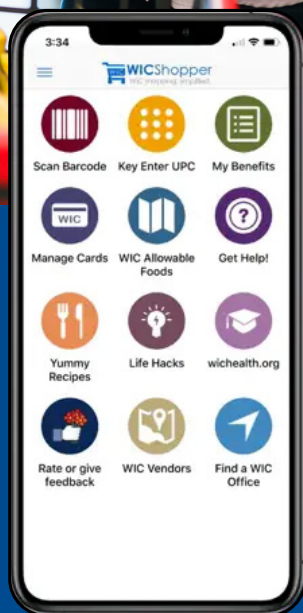




**Download the
WIC Shopper
App Today!**



**Department of
Health**

Women, Infants, and
Children Program (WIC)

This institution is an equal opportunity provider.

10/2026



Authorized Food List

Least Expensive Brand Preferred



**Department of
Health**

Women, Infants, and
Children Program (WIC)

Contents

Welcome to the WIC Program!

This is your WIC shopping guide. It shows what foods WIC approves. WIC provides healthy food benefits every month, and these nutritious foods are specifically chosen to promote good health, growth, and development. With your WIC nutrition card, you can only buy food that is approved by WIC and with your current benefits. WIC health professionals can also give you additional tips and ways to cook and prepare your WIC foods.



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Juice

Frozen Concentrate



Langers

Apple, apple cranberry, apple orange pineapple, grape, orange, pineapple, white grape.



Meijer

Apple, orange.



Old Orchard

Apple, apple cherry, apple cranberry, apple kiwi strawberry, apple passion mango, apple raspberry, apple strawberry banana, berry blend, black cherry cranberry, blueberry pomegranate, cranberry pomegranate, cranberry raspberry, grape, pineapple, pineapple orange, pineapple orange banana, strawberry rhubarb, white grape cherry pomegranate, cranberry blend.



Our Family

Apple, orange.



Seneca

Apple, orange, grape.



Shurfine

Apple, orange.



Tipton Grove

Apple, orange.



Welch's

Apple, grape, white grape, white grape cranberry, white grape peach, white grape raspberry, tropical passion, fruit fantastic.



Juice

Frozen Concentrate

✓ Allowed:

- 100% unsweetened juice.
- 11.5 ounce or 12 ounces only.
- Must reconstitute to 48 ounces.
- Orange juice can be any brand.



Always Save

Orange.



Best Choice

Apple, orange.



Best Yet

Apple, grape, orange, grapefruit.



Dole

Pineapple, pineapple orange.



Essential Everyday

Apple, orange.



Food Club

Apple, grapefruit, orange.



Giant Eagle

Orange.



Great Value

Apple, grape, orange.



HyTop

Apple, orange.



IGA

Apple, orange.



Kroger

Apple, grape, grapefruit, pineapple, pineapple orange.

WIC Shopper App

The Ohio WIC Shopper App is available for download from the **App Store or Google Play**. It 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!



1. Install “WIC Shopper” from your app store.
2. Select Ohio as your WIC Agency.
3. Find a map of stores and WIC clinics in your area.
4. Scan products UPCs to see if items are WIC approved.
5. View your Authorized Food List, yummy recipes and more, right from your phone!



Learn More



Facebook.com/WICEBTShopper



@WICEBTShopper

www.EBTShopper.com

This institution is an equal opportunity provider.



I couldn't buy this!

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 WIC Shopper App to submit the issue.

If You Have A Problem or A Food Is Not Allowed:

- Ask for assistance. If the cashier is unable to help, ask to speak to the store manager.
- The item is not Ohio WIC approved.
- The item is WIC approved, but not issued to your WIC nutrition card.
- The item was issued to your WIC nutrition card, but you do not have enough benefits left to make the purchase.

Shopping Tips

Before you shop

- Download the WIC Shopper App.
- Choose a **WIC authorized store**.
 - Ask your WIC Clinic for list of authorized stores.
 - Use the **Ohio WIC Shopper App** store locator.
- Check your food balance using one of these ways:
 - WIC Shopper App “My Benefits.”
 - Receipt from your last WIC purchase.
 - A balance inquiry printed at the store’s Customer Service Desk.
 - Receipt from WIC Clinic.



WIC Stores



My Benefits

While you shop

- Check for **WIC-allowed items** by using the “**Authorized Food List**” or the “**Barcode Scanner**” in the Ohio WIC Shopper App.
- Scan Foods with the “**Item Search**” to make sure they are in your food benefits (except fresh fruits and vegetables).



Scan Barcode



Item Search

Additional Tips:

- Buy what you need. You don’t have to buy all your WIC food at one time.
- Make sure you keep your card safe and report damage, lost, or stolen cards to your WIC office. It could take up to four days to replace a WIC Nutrition Card.
- Reminder, not all stores will carry WIC authorized items listed in the Authorized Food List.

WIC Shopping Tip:

Utilize the “**Get Help!**” Section in the WIC Shopper App for videos, information such as “at the checkout” tips, and other frequently asked questions.



Get Help!

Juice

Shelf Stable Juice



Our Family

Apple, fresh pressed apple cider, grape, grapefruit, pink grapefruit, white grape, 100% juice blend, vegetable.



Seneca

Apple.



Shurfine

Apple, grape, pineapple, white grape.



Tipton Grove

Apple, cranberry, grape, white grape.



Tree Top

Apple, apple grape.



Valuetime

Grape.



Welch's

Concord grape with calcium, grape, white grape, white grape peach, red grape, super berry, tropical trio.

Juice

Shelf Stable Juice



Libby's
Pineapple.



Meijer
Apple, cranberry, genuine berry, genuine cherry, genuine fruit punch, genuine grape, grape, ruby red grapefruit, pineapple, prune, raspberry cranberry, spicy vegetable, tomato, tropical blends pineapple, vegetable, low sodium vegetable, white grape, white grape peach.



Mott's
Apple, apple cherry, apple mango, apple white peach, fruit punch, pineapple passion fruit, strawberry kiwi, strawberry peach.



Musselman's
Apple.



Nature's Nectar
Apple, grape, white grape.



Northland
Cranberry raspberry, cranberry, cranberry blackberry, cranberry cherry, cranberry grape, cranberry pomegranate, cranberry blueberry.



Ocean Spray
Apple, concord grape, cranberry raspberry, cranberry blackberry, cranberry cherry, cranberry blackberry, cranberry cherry, cranberry concord grape, cranberry mango, cranberry pineapple, cranberry pomegranate, cranberry watermelon, cranberry elderberry.



Old Orchard
Apple, grape, pineapple, white grape, apple cranberry, berry blend, black cherry cranberry, blueberry pomegranate, cherry pomegranate, cranberry pomegranate, grape, kiwi strawberry, strawberry watermelon, orange tangerine, peach mango, pineapple, red raspberry, white grape, wild cherry, immune health citrus, immune health superfruit, immune health tropical fruit.

Milk

✓ Allowed:

- White, pasteurized, vitamin D fortified milk only.
- Gallon (128 ounces), half gallon (64 ounces), or quart (32 ounces).
- Low fat (1% or ½%) or skim unless whole milk.
- Whole or reduced fat (2%) only when specified.

✗ Not Allowed:

- Flavored; super skim, fat free plus, goat's milk; acidophilus; buttermilk; organic or certified humane; low cholesterol; UHT; milk with added ingredients (for example, Omega-3, EPA/DHA); protein-fortified, filled evaporated milk, ultra filtered; A2 milk.

This is how your receipt shows your milk benefit.



Low Lactose or Lactose Free Milk

✓ Allowed:

- Only when specified.
- Half gallons (64 ounces), 96 ounces, or gallon (128 ounces) container size.

Soy or Plant Based Milk

✓ Allowed:

- Only available when issued soy milk.
- Only 48 or 64 ounce refrigerated containers.
- Only the brands and flavors listed.



8th Continent:
Original Only

Silk:
Original, Vanilla,
Unsweetened

Better Goods
Original Only



Ripple Kids:
Original



Ripple Kids:
Unsweetened

Please note: Ripple milk is a pea protein based milk, currently it only comes in 48 ounce containers.

Non-Fat Dry Milk

✓ Allowed:

- Only when specified.
- 25.6-ounce size only.



Yogurt

✓ Allowed:

- 32-ounce containers only.
- Low fat or non fat unless *whole fat* is specified.

✗ Not Allowed:

- Mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients.



Non fat and Low fat

Best Choice

Greek plain.

Chobani

Greek Plain.
Greek Peach.
Greek
Strawberry.
Greek Vanilla.
Greek Plain.



Plain.

DANNON

Plain.
Strawberry.



Strawberry.
Vanilla.
Greek Plain.
Greek Vanilla.



Plain.
Peach.
Raspberry.



Strawberry.
Vanilla.
Plain.



Plain.
Greek Plain.
Greek Vanilla.



Plain.
Vanilla.



Plain.
Strawberry.
Vanilla.



Plain.
Vanilla.
Greek Plain.
Greek Vanilla.



Strawberry.
Plain.
Mango.
Vanilla.



Plain.
Greek Plain.



Strawberry.
Strawberry
Banana.
Plain.
Vanilla.
Greek
Strawberry.
Greek Plain.
Greek Vanilla.



Plain.
Vanilla.



Blueberry.
Peach.
Vanilla.
Greek Plain.
Greek Vanilla.

Juice

Shelf Stable Juice



Food Club

Apple, pineapple, cranberry, cranberry grape, cranberry raspberry, grape, vegetable, white grape, white grapefruit.



Giant Eagle

Apple, cranberry, gala style apple, granny smith apple, grape, white grape, white grapefruit.



Great Value

Apple, grape, white grape, white grape peach, cranberry, cranberry blend, pineapple, vegetable, gala, granny smith.



Harvest Classic

Apple orange pineapple, concord grape, cranberry, cranberry apple, pineapple.



HyTop

Apple, black cherry concord grape, grape, pineapple, tomato, vegetable, white grape, white grape cherry.



IGA

Apple, fresh apple, grape, grapefruit, pineapple, white grape.



Juicy Juice

Apple, apple raspberry, berry, cherry, grape, kiwi strawberry, mango, orange tangerine, peach apple, punch, strawberry banana, strawberry watermelon, tropical, white grape.



Kroger

Apple, berry, cranberry, grape, grapefruit, pineapple, vegetable, low sodium vegetable, ruby red grapefruit, spicy vegetable, grape, white grape, white grape peach.



Langers

Apple, apple cranberry, apple grape, apple orange pineapple, grape, pineapple, red grape, ruby red grapefruit, tomato, vegetable, low sodium vegetable, white grape.

Juice

Shelf Stable Juice

✓ Allowed:

- All juices listed must meet the following criteria:
 - 100% unsweetened juice.
 - 64-ounce plastic bottles only.
 - Orange juice can be any brand.

✗ Not Allowed:

- Organic; fruit juice blends; juice cocktails, drinks, or juices with added sugar; and fresh squeezed juices.



Always Save
Apple, grape.



Apple and Eve
Apple, cranberry grape, cranberry peach mango, cranberry pomegranate, cranberry raspberry, cranberry wild berry, naturally cranberry.



Best Choice
Apple, berry blend, cherry blend, grape, grape blend, grapefruit, pineapple, punch blend, white grape, tomato, vegetable.



Best Yet
Apple, cranberry, cranberry grape, grape, grapefruit, white grape.



Campbell's
Tomato, low-sodium tomato, regular V-8, V-8 spicy hot, V-8 low sodium.



Diane's Garden
Vegetable.



Essential Everyday
Apple, berry, cherry, cranberry, grape, punch, white grape, pineapple, white grapefruit, tomato, vegetable.



Everfresh
Apple.

Yogurt

Non fat and Low fat



Plain.
Vanilla.



Plain.
Vanilla.



Plain.

Whole Fat



Greek Plain.



Plain.
Vanilla.
Maple.



Zero Sugar
Strawberry.
Zero Sugar
Vanilla.
Less Sugar
Greek Vanilla
and
Cinnamon.



Plain.
Vanilla.



Greek Plain.



Plain.
Greek Plain.



Plain.



Plain.
Vanilla.
Strawberry.



Plain.
Vanilla.
Strawberry.

Cheese

✓ Allowed:

- Regular or low fat.
- 8-ounce or 16-ounce size only.
- Blocks, shredded, or pre-packaged slices.
- American, Cheddar, Colby, Colby Jack; Monterey Jack; Mozzarella; Muenster; Provolone, or Swiss.



✗ Not Allowed:

- Organic; imported or deli; flavored; string or cheese spread; specialty or special reserve; individually wrapped slices; goat, sheep or yogurt cheese; cubed or crumbled; low sodium.

Tofu

Only when specified. Must be listed on your benefits.

✓ Allowed:

- Only when specified.
- 16-ounce package.
- Unflavored plain.
- Any texture.
- Refrigerated or shelf stable.



✗ Not Allowed:

- Added fats, sugars, oils, sodium, or seasonings.

Azumaya
Tofu

vitasoY

Franklin
FARMS

House Foods

nasoya

Breakfast Cereals

Store Brand Cereal

WIC-allowed varieties include:

- Bran Flakes.
- Corn Flakes.
- Corn Squares.
- Rice Square.
- Bite Size Frosted Shredded Wheat.
- Crispy Rice/Rice Crisps.
- Toasted Oats/Tasteos.

Hot Breakfast Cereals

✓ Allowed:

- Cream of wheat, grits, or oatmeal.
- Instant or quick.
- Sizes vary. (Individual packets available.)
- Store brand options available.

✗ Not Allowed:

- Items with added fruits, nuts, spices.

CREAM
WHEAT

QUAKER

farina

Malt O Meal

Cream of
Wheat

Quaker

Farina

Malt-O-Meal



Breakfast Cereals

Post



Almonds Honey Roasted Cinnamon Bunches Maple and Pecans Vanilla



Banana Nut Crunch Crunchy Pecan Raisins, Dates and Pecans Cranberry Almond Crunch



Grape Nuts Raisin Bran Bran Flakes

Quaker



Original Vanilla



Brown Sugar Cinnamon Honey Nut

Fruit and Vegetables

Participants can choose from any combination of fresh, frozen, or canned fruits and vegetables up to the maximum dollar amount authorized. Participants can pay the difference if the fruits and vegetables cost more than the issued benefit amount. Participants cannot receive cash or credit refunds for any amount not used.

Fresh

✓ Allowed:

- Any variety of fresh fruits, vegetables, or herbs. Whole, cut, bagged, or packaged.



✗ Not Allowed:

- Fruit and vegetable party trays or individual servings sizes with sauces or dips; fruit baskets; decorative or ornamental fruits or vegetables; garlic on a string; salad bar items; fruit with added nuts; baked goods with added fruit; dried fruit; edible blooms or flowers, spices.

Frozen

✓ Allowed:

- Any variety of fruits or vegetables.



✗ Not Allowed:

- Fruits:** with syrup, added sugar, fruit bars, baked goods with fruit (e.g. pies).
- Vegetables:** added sugar, butter, oil, sauces or glaze; with pasta, noodles, nuts, rice, cheese, or meat; sweet potato fries, french fries, or shaped potatoes.

Cans, Jars, Plastic Containers

✓ Allowed:

- Fruit in juice.
- Juice concentrate or nectar.
- Fruit in water with artificial sweetener.



✗ Not Allowed:

- Fruits:** in gelatin, sorbets, fruit crisp, fruit parfaits, fruit with added sugar or nuts, fruit in heavy, light or extra light syrup, pie fillings.
- Vegetables:** with any oil or brine, vinegar, pickles and pickled vegetables, creamed vegetables, beans, peas, lentils, baked beans, pork and beans, refried beans, ketchup, relishes, olives; pizza, lasagna, spaghetti sauce, or salsa.

Peanut Butter or SunButter

✓ Allowed:

- 16-ounce to 18-ounce containers only.
- Any brand, Sun Butter allowed.
- Regular or natural, smooth, creamy, crunchy, or chunky; reduced fat; low sodium; low sugar.



✗ Not Allowed:

- Spreads; whipped; added jelly; marshmallow; honey; added jellies, chocolate, or honey, other nut butters; refrigerated.

Legumes (Peas, Beans, Lentils)

Dried Beans or Peas:

- 16-ounce packages only.



Canned Beans:

- Any brand.
- Plain or low sodium.
- Canned beans may be combined up to the number of ounces issued.

Types include but are not limited to black beans, black-eyed peas, garbanzo beans, great northern beans, white beans, kidney beans, mature lima beans, fava beans, mung beans, pinto beans, soybeans/edamame, split peas, lentils, and refried beans.

✗ Not Allowed:

- Added seasonings, sugar, added sauces, fats, oil, or meats; baked beans; organic; soups; dried varieties in bulk or store packaged.

WIC Shopping Tip:

Canned green beans and sweet peas cannot be bought with this benefit. Use your fruit and vegetable dollar benefit for those options.



Breakfast Cereals

Kellogg's



All-Bran



Corn Flakes



Complete Bran



Rice Krispies



Special K



Cinnamon
Pecan



Original



Golden Honey



Blueberry



Strawberry



Cinnamon Roll



Pumpkin Spice



Organic
Blueberry
Cluster



Organic
Honey
Toasted



Organic
Warm
Cinnamon



Crispix



Raisin Bran

Breakfast Cereals

General Mills



Bluey



Apple
Strawberry



Blueberry
Banana



Multi Grain



Cheerios
GF



Blueberry
GF



Corn
GF



Cinnamon
GF



Rice
GF



Wheat



Fiber One



Kix Plain



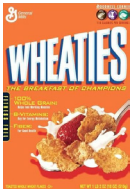
Apple
Cinnamon



Very Berry



Total

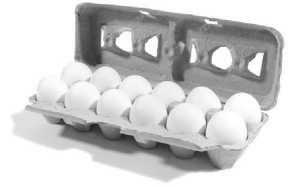


Wheaties

Eggs

✓ Allowed:

- White, Large, Grade A or AA.
- White chicken eggs, Cage-Free.
- One dozen cartons size.



✗ Not Allowed:

- Organic; pasteurized; pickled, hard boiled low cholesterol; fortified or enhanced with Omega 3; with added vitamins or minerals; free-range; egg substitutes.

Fish

✓ Allowed:

- Any size cans or pouches.
- Any brand.
- Any combination of light tuna, salmon, or sardines.
- Packed in water or oil.
- Regular or low sodium.



✗ Not Allowed:

- Albacora/White Tuna or Red Salmon; Added sauces or flavorings; Lunch packs.

WIC Shopping Tip:

Fish package may include bones or skin, please read labels and be aware of choking risks in children and infants.



Whole Grains

WIC Offers:

- 100% Whole Wheat bread products.
- Whole Wheat Pasta.
- Brown Rice, wild rice, quinoa.
- Whole Wheat Tortillas.
- Soft Corn Tortillas.
- Oats.



WIC Shopping Tip:

When buying whole wheat bread products, check the label for “100% Whole Grain/Whole Wheat”.



100% Whole Wheat Bread

✓ Allowed:

Any size.

You can buy any combination:

- Bread.
- Buns.
- Bagels.
- Rolls.
- English muffins.
- Sandwich thins.

✗ Not Allowed:

- Organic.
- Pita.
- In-store bakery brand, multigrain, muffins, frozen bread and rolls; sugar-free or with splenda, double fiber; with flaxseed; gluten-free.



Brownberry



Bunny



Essential
Everyday



Food Lion



Breakfast Cereals

Cold Cereal

✓ Allowed:

- Select only the cereals listed. Pictures may change.
- Selections may vary by store.
- 8.9-ounce to 36-ounce boxes or bags only.

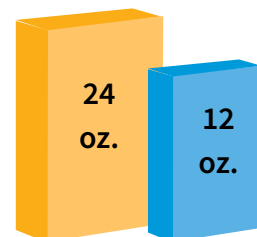


Gluten-free options available.

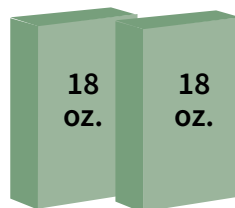
Ways to Buy Up to 36 oz. of Cereal:



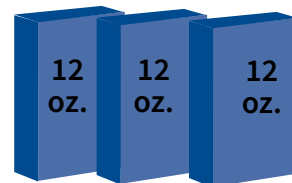
Totals 36 oz.



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.

WIC Shopping Tip:

Utilize the barcode scanner located in the WIC Shopper App to find authorized size boxes and bags for each type of cereal authorized. Find whole grain cereal options by looking at a cereals ingredient list and finding “whole grain” as the first ingredient.



Brown Rice and Quinoa

✓ Allowed:

- Any brand, sizes vary.
- Plain brown rice, wild rice, quinoa, or blends of these products.
- Regular, instant, and boil-in-bag type.



✗ Not Allowed:

- White rice, rice with flavors, herbs or seasonings; rice with beans, lentils, or pasta; frozen, canned, or microwavable packages; organic.

Oats

✓ Allowed:

- Any brand, sizes vary.
- Quick or Old-Fashioned Oats.



✗ Not Allowed:

- Organic; Steel Cut; With added protein.
- Cream of wheat, instant, individual packets.



Whole Grains

100% Whole Wheat Bread



Hannaford



Healthy Life

Holsum®

Holsum



Klosterman



Kroger



Lewis



Meijer



My Essentials



Nature's Own



Our Family



Ozark Harvest



Pepperidge Farm



Schwebel's



Shurfresh



Spartan

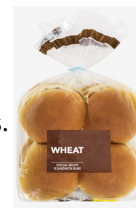


Stern's

Buns and Rolls

✓ Allowed:

- Various size packages.
- Sandwich or hot dog buns.
- Rolls.



Sandwich buns.



Hot dog buns.

✗ Not Allowed:

- Items with added fruits, nuts, spices, or icing.



Bimbo



Brownberry



Kroger



Whole Grains

Whole Wheat Pasta

✓ Allowed:

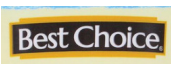
- 16-ounce packages.
- Any shape.
- 100% whole wheat.
- 100% whole grain.



America's
Choice



Barilla



Best Choice



Essential
Everyday



Gia Russa



Giant Eagle



Great Value



Kroger



Meijer



Nature's
Basket



Our Family



Racconto



Ronzoni



True
Goodness

Whole Grains

Tortillas

✓ Allowed:

- Various size packages.
- 100% whole wheat.
- Corn.



✗ Not Allowed:

- Hard corn tortillas/taco shells; low carb/carbohydrate; organic.



Best Choice



Cela's



Don Pancho



Essential
Everyday



Food Club



Frescodos



Giant Eagle



Hannaford



IGA



Kroger



LaBanderita



Meijer



Mi Casa



Mission



My Essentials



Ortega



Our Family



Shur Fine



Shurfresh