TENNESSEE WIC SHOPPING GUIDE
EFFECTIVE OCTOBER 1, 2020

www.tn.gov/health
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CONTACT YOUR LOCAL WIC AGENCY AT:

- Notify the WIC Office if you:
  - are unable to keep a scheduled appointment.
  - have your baby!
  - need help or support with breastfeeding.
  - are unable to purchase WIC foods.
  - have any problems or concerns about the store.
  - have questions about WIC services.
  - are moving out of Tennessee.

SHOPPING GUIDE EFFECTIVE OCTOBER 1, 2020

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INFANT FOOD
IMPORTANT INFORMATION
1. Before shopping, check your TN WIC balance with one of the following tips:
   a. Go online! Create your account at www.WICConnect.com with the “Cardholders” feature. This will allow you to view your current balance anytime.
   b. Call the number on the back of your card. They will read your balance to you.
   c. Ask the store to print a copy of your balance. They will need to swipe your card to do this for you.
   d. Keep your receipts from your WIC shopping trips. Your remaining balance and the date your current benefits expire will print near the bottom of the receipt each time you shop with your card.

2. Know your PIN for using your TN WIC card.

3. Take your TN WIC Shopping Guide with you to the store.

4. Select your correct WIC-approved items.
   a. Double check food type and package size matches your benefits.
   b. You can buy a little or a lot – no need to buy all your food at one time. Remember your benefit cycle and buy as much as you want before the cycle expires.

5. At checkout, many locations do not need you to separate the WIC foods or mention this is a WIC transaction. Ask store staff what their system allows.
   a. To pay, always swipe your WIC card first!
   b. Enter your PIN.
   c. A redemption receipt will print. You may review it to check that all your WIC items will be paid for by WIC.
   d. When you are satisfied with the redemption receipt, choose “confirm” on the keypad.
   e. Pay for any remaining balance with SNAP or other form of payment.
FRUITS AND VEGETABLES

All fruits and vegetables are to be purchased with the fruit and vegetable Cash Value Benefits (CVB) except juices, dried beans or peas and canned beans which must be purchased with food benefits.

FRESH FRUITS

ALLOWED:
• Any variety of fresh fruits - whole or cut - without added sugars
• Dried fruit
• Organic

FROZEN FRUITS

ALLOWED:
• Any variety of plain fruits without added sugar, fats, oils or salt (e.g., sodium)
• Any size
• The fruit must be listed as the first ingredient
• Organic

NOT ALLOWED:
• Edible blossoms or flowers (e.g. squash blossoms)
• Dried vegetables
• Ketchups or other condiments, pickled vegetables or olives
• Soups
• Fruit leathers or fruit roll-ups
• Bundled packages of herbs or spices
• Vegetable-grain (pasta or rice mixtures), breaded vegetables or creamed or sauced vegetables

FRESH FRUITS

ALLOWED:
• Any variety of fresh vegetables - whole or cut - without added sugars, fats, oils, herbs or spices
• Organic

FROZEN VEGETABLES

ALLOWED:
• Any variety of vegetables without added sugars, fats, oils, breading, herbs or spices
• Any size
• The vegetable must be listed as the first ingredient
• Organic

NOT ALLOWED:
• Fruit/nut mixtures, fruit basket, party trays or fruits or vegetables from salad bars
• Peanuts or other nuts
• Ornamental or decorative fruits or vegetables (e.g. chili peppers on a string, garlic on a string or gourds)
• Foods containing fruits such as blueberry muffins and other baked goods
• Home canned or home preserved fruits and vegetables
WHOLE GRAINS

WHOLE WHEAT/WHOLE GRAIN BREAD, BUNS AND ROLLS

Eligible bread, buns and rolls must have whole wheat or whole grain as the primary ingredient by weight. Whole wheat products must have “whole wheat flour” and/or “bromated flour” as the only flours listed in the ingredients. Whole grain products must be labeled as a “whole grain food with moderate fat content”.

SIZE: 16 oz only

WAYS TO BUY WHOLE GRAINS

- or -

16 OZ PACKAGE OF SANDWICH BUNS
16 OZ LOAF OF BREAD
16 OZ TORTILLAS
16 OZ BROWN RICE
16 OZ WHOLE WHEAT PASTA

ARNOLD/OROWHEAT SELECT
- 100% Whole Wheat Hamburger Buns
- 100% Whole Wheat Hot Dog Buns

BIMBO
- 100% Whole Wheat Bread

BUNNY
- 100% Whole Wheat Bread

HOLSUM
- 100% Whole Wheat Bread

HEALTHY LIFE
- Soft Style 100% Whole Wheat Sandwich Buns
- Soft Style 100% Whole Wheat Hot Dog Buns

NATURE’S OWN
- 100% Whole Wheat Bread with Honey

PEPPERIDGE FARM
- Very Thin 100% Whole Wheat Bread
- Stone Ground 100% Whole Wheat Bread

ROMAN MEAL
- Sungrain 100% Whole Wheat Bread
SARA LEE
• Classic 100% Whole Wheat Bakery Bread
• 100% Whole Wheat Soft & Smooth Hamburger Buns
• 100% Whole Wheat Soft & Smooth Hot Dog Buns

WONDER
• 100% Whole Wheat Soft Bread

100% WHOLE WHEAT STORE BRAND/PRIVATE LABEL

BEST CHOICE

FOOD LION

FIT & ACTIVE

KERN’S
(Food City)

KROGER

LEWIS

SIMPLY BALANCED

SIMPLY NATURE

NOT ALLOWED:
• Breads from in-store bakery
• Sugar-free
• Swirls such as cinnamon or honey
• Added fruit or nuts (e.g. raisins)
• English muffins or bagels
• Labeled organic
TORTILLAS

Eligible tortillas must have wheat or corn as the primary ingredient by weight. Whole wheat products must have whole wheat flour as the only flour listed in the ingredients.

SIZE: 16 oz only

100% CORN TORTILLAS
ANY corn tortilla with corn as the primary ingredient by weight.

100% WHOLE WHEAT TORTILLAS

AZTECA
BEST CHOICE
• Soft Taco Size
• Fajita Style

CELIA’S
• Fajita Size

CHI CHI’S

DON PANCHO
FIT & ACTIVE
FOOD CLUB
GREAT VALUE

GUERRERO
HERDEZ
IGA
KROGER

LA BANDERITA
• Fajita Size
• Soft Taco Size

LAURA LYNN
MARKET PANTRY
MI CASA

MISSION
• Restaurant Style
• Fajita Style
• Soft Taco Size

MY ESSENTIAL

ORTEGA

TIO SANTI
(Save-A-Lot)
100% WHOLE WHEAT PASTA

Eligible macaroni (pasta) products must have “whole wheat flour” and/or “whole durum wheat flour” as the only flours listed in the ingredients. Other shapes and sizes that meet these requirements (e.g., whole wheat rotini and whole wheat penne) are also allowed.

SIZE: 16 oz only

- ALLEGRA: Spaghetti
- AMERICA’S CHOICE: Spaghetti
- BARILLA: Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti, Thin Spaghetti
- GIA RUSSA: Angel Hair, Linguine, Penne Rigate, Roman Rigatoni, Rotini, Spaghetti
- GREAT VALUE: Elbow Macaroni, Linguine, Penne, Rotini, Spaghetti, Thin Spaghetti
- HODGSON MILL: Angel Hair, Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti
- KROGER: Penne Rigate, Rotini, Spaghetti, Thin Spaghetti
- LAURA LYNN: Penne, Rotini, Spaghetti
- RONZONI HEALTHY HARVEST: Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti

NOT ALLOWED:
- Added sugar, fats, oils or salt (e.g., sodium)
- 100% WHOLE WHEAT PASTA:

SIZE: 16 oz only

ALLOWED:
- Instant, quick or regular cooking

NOT ALLOWED:
- Pearled barley
- Organic

OTHER WHOLE UNPROCESSED GRAINS

BRANDS: Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or salt.

ALLOWED:
- Instant, quick or regular cooking

NOT ALLOWED:
- Pearled barley
- Organic
COLD CEREAL

Cereal with added pieces such as nuts or clusters is not recommended for children under 3.

SIZE: Minimum 11 oz box or bag

GENERAL MILLS

Cheerios®
Multi-Grain®
Fiber One Honey Clusters®
Fiber One Original®

Berry Berry Kix®
Honey Kix®
Kix®
Wheaties®

Whole Grain Total®
Blueberry Chex
Cinnamon Chex
Corn Chex

Rice Chex
Vanilla Chex
Wheat Chex

KELLOGG’S

All-Bran Complete Wheat Flakes
Corn Flakes
Crispix
Frosted Blueberry

Frosted Little Bites®
Frosted Original®
Frosted Raisin in the Middle
Frosted Raspberry in the Middle

Unfrosted Bite Size®
Rice Krispies
Special K (Original, Protein and Gluten Free)
Corn Flakes

Crispy Rice
Blueberry Mini-Spooners®
Frosted Mini-Spooners®
Strawberry Cream Mini-Spooners®

Indicates Whole Grain
Eligible varieties include Corn Flakes, Crispy Rice, Toasted Oats, Frosted Shredded Wheat, Bran Flakes, Honey Oat Clusters, Honey Oat Clusters with Almonds.
HOT CEREAL

Cereal with added pieces such as nuts or clusters is not recommended for children under 3.

**SIZE:** Minimum 11 oz box or bag

**CREAM OF WHEAT**
- Regular 1 Minute
- Regular 2½ Minute
- Regular 10 Minute
- Original Box of 12 (1 oz packs)

**CREAM OF RICE**
- Whole Grain 1 Minute
- Whole Grain 2½ Minute
- Regular
- Instant

**MALT-O-MEAL**
- Original
- Chocolate
- CoCo Wheats

**QUAKER**
- Original Box of 12 (.98 oz packs)
- Original Box of 12 (1 oz packs)
- Butter Box of 12 (1 oz packs)
- Quick 5 Minute

*Indicates Whole Grain
STORE BRAND/PRIVATE LABEL

**BEST CHOICE**
- Creamy Wheat Farina
- Original Instant Oatmeal*
- Instant Grits
  (original and butter)

**FOOD CLUB**
- Original Instant Oatmeal*
- Instant Grits
  (original and butter)

**FOOD LION**
- Regular Instant Oatmeal
  - or -
- Instant Grits
  (original and butter)

**GREAT VALUE**
- Instant Oatmeal*
- Instant Grits
  (original and butter)

*Indicates Whole Grain

**HOT CEREAL**

**WAYS TO BUY CEREAL**

- **MARKET PANTRY**
  - Original Instant Oatmeal*
  - Instant Grits
    (original and butter)

- **PARADE**
  - Regular Flavor Instant Oatmeal*

- **RALSTON**
  - Creamy Wheat Farina
  - Regular Instant Oatmeal*

- **PUBLIX**
  - Original Instant Oatmeal*

- **PIGGY WIGGLY**
  - Original Instant Oatmeal*
  - Instant Grits
    (original and butter)

- **SHURFINE**
  - Instant Oatmeal*
  - Instant Grits
    (original and butter)

- **HY-TOP**
  - Regular Flavor Instant Oatmeal*
  - Instant Grits
    (original and butter)

- **IGA**
  - Original Instant Oatmeal*

- **KROGER**
  - Original Instant Oatmeal*
  - Instant Grits
    (original and butter)

- **LAURA LYNN**
  - Instant Grits
    (original and butter)
MILK

As listed on benefit statement

SIZE: As listed on benefit statement

BRANDS: Any brand

ALLOWED:
• Fat free (skim)
• Lowfat (1%)
• Sweet acidophilus (1%)
• Reduced fat (2%) (See benefits)
• Whole (See benefits)
• Lactose-free
• Ultra-high temperature (UHT)
• Nonfat dry powdered
• Evaporated milk
  • Lowfat
  • Whole
  • Buttermilk

NOT ALLOWED:
• Chocolate milk
• Non-dairy beverages (except when soy beverage is on benefits)
• Organic

SOY BEVERAGE

As listed on benefit statement

ALLOWED:
• Organic

GREAT VALUE
• Original (refrigerated half-gallons)

8TH CONTINENT
• Original
• Vanilla (refrigerated half-gallons)

PACIFIC NATURAL
• Ultra Soy Original (non-refrigerated quarts)

SILK
• Soymilk Original (refrigerated half-gallons and 2 packs)
**CHEESE**

Must purchase store brand or private label only unless the store has no store brand cheese available.

**SIZE:** 8 or 16 oz package

**ALLOWED:**
- Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Process American, Provolone and Swiss
- Block, cubed, shredded, stick, string
- Sliced, including individually wrapped, if not listed as cheese food, cheese product or imitation cheese
- Blended cheeses of any of the above
- Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol

**NOT ALLOWED:**
- Added ingredients or seasonings
- Flavored cheeses such as smoked
- Cheese food, spread or product
- Imitation cheese
- Imported cheese
- Cheese from store deli or cheese shop
- Organic

**WAYS TO BUY CHEESE**

1 POUND OF CHEESE (16 oz) = ½ POUND OF CHEESE (8 oz) = ½ POUND OF CHEESE (8 oz)
WAYS TO BUY YOGURT

- Lowfat Plain
- Non-fat Plain
- Non-fat Greek Plain
- Fat Free Greek Plain
- Plain 0%
- Triple Zero Vanilla
- Vanilla 0%

NOT ALLOWED:
- Artificial sweeteners
- Mix-in items (candy, granola, or nuts)
- Drinkable yogurt

ALLOWED:
- Less than 40 grams total sugars per 1 cup (8 oz)
- Less than 30 grams total sugars per 2/3 cup (6 oz)
- Less than 20 grams total sugars per 1/2 cup (4 oz)

LOWFAT AND NON-FAT

ACTIVIA
- Black Cherry
- Blackberry/Blueberry Fusion
- Blueberry
- Cherry/Vanilla Fruit Fusion
- Coconut/Pineapple
- Mixed Berry
- Peach
- Peach Lactose Free
- Peach/Mango Fruit Fusion
- Prune
- Strawberry
- Strawberry Banana
- Vanilla
- Vanilla Lactose Free

Chobani
- Lowfat Greek Plain
- Non-fat Greek Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Peach
- Plain
- Strawberry
- Strawberry Banana

YOGURT

As listed on benefit statement

SIZE: 16 or 32 oz

ONE 32 OZ TUB = TWO PACKS OF FOUR 4 OZ CUPS = ONE PACK OF EIGHT 4 OZ CUPS

ONE PACK OF FOUR 4 OZ CUPS AND ONE PACK OF EIGHT 2 OZ TUBES = ONE PACK OF SIXTEEN 2 OZ TUBES = TWO PACKS OF EIGHT 2 OZ TUBES
Store Brand/Private Label

Best Choice
- Lowfat Strawberry
- Lowfat Vanilla
- Non-fat Greek Plain
- Non-fat Greek Vanilla
- Non-fat Plain

Essential Everyday
(Supervalu)
- Blended Vanilla

Food Club
- Blended Lowfat Strawberry
- Blended Lowfat Vanilla
- Non-fat Greek Plain
- Non-fat Greek Strawberry
- Plain

Food Lion
- Lowfat Vanilla
- Non-fat Greek Plain
- Non-fat Greek Strawberry
- Non-fat Plain

Laura Lynn
(Greek icy)
- Greek Vanilla
- Lowfat Peach
- Lowfat Strawberry
- Lowfat Vanilla
- Non-fat Greek Plain
- Non-fat Plain

Friendly Farms
- Non-fat Greek Vanilla
- Plain

Great Value
(Walmart)
- Lowfat Vanilla
- Non-fat Greek Plain
- Non-fat Greek Strawberry
- Non-fat Greek Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Non-fat Vanilla
- MelonBerry and Strawberry Banana (tubes)
- Peach
- Strawberry
- Strawberry Banana

Kroger
- Greek Plain
- Lowfat Plain
- Non-fat Greek Plain
- Non-fat Greek Vanilla
- Non-fat Plain
- Strawberry and Vanilla Banana (tubes)
- Vanilla

Laura Lynn
- Greek Vanilla
- Lowfat Peach
- Lowfat Strawberry
- Lowfat Vanilla
- Non-fat Greek Plain
- Non-fat Plain

Morning Fresh Farms
- Lowfat Vanilla
- Non-fat Plain

Simply Balanced
- Non-fat Greek Vanilla
- Plain

Taste of Inspirations
- Non-fat Greek Vanilla
- Plain

Whole Fat
- Plain Natural
- Whole Milk Strawberry
- Whole Milk Vanilla

Store Brand/Private Label

Food Club
- Whole Milk Greek Honey Vanilla
- Whole Milk Greek Vanilla

Great Value
(Walmart)
- Whole Milk Greek

Kroger
- Plain
- Vanilla
- Whole Milk Greek Plain
- Whole Milk Greek Vanilla

Laura Lynn
- Whole Milk Greek

Kroger
- Plain
- Vanilla
- Whole Milk Greek Plain
- Whole Milk Greek Vanilla

Food Lion
- Whole Milk Greek Plain

Karoun Dairies
- Plain

Food Club
- Whole Milk Greek

Ta Zah
- Plain
TOFU

As listed on benefit statement

**SIZE:** 16 oz packages

**ALLOWED:**
- Organic

**NOT ALLOWED:**
- Added fats, sugars, oils or sodium
- Seasoned Tofu

CANNED FISH

**FOR WOMEN WHO FULLY BREASTFEED**

**SIZE:** 30 oz

**ALLOWED:**
- Chunk Light Tuna – Any brand, packed in water or oil (5 oz.)
- Pink Salmon – Any brand, packed in water or oil (14.75 oz.)
- Mackerel (15 oz.)
- Sardines (3.75 oz. - added flavorings allowed)

**NOT ALLOWED:**
- Albacore tuna
- Tuna spreads
- Any other type of salmon
- Lunch packs

*and others as allowed

EGGS

**SIZE:** One dozen carton

**ALLOWED:**
- Large Grade A White

**NOT ALLOWED:**
- Brown
- Specialty (includes organic)
- Dried eggs mix
- Hard boiled

MIX & MATCH CANNED FISH UP TO 30 OZ

- or -

SIX 5 OZ CANS

- or -

TWO 15 OZ CANS

- or -

EIGHT 3.75 OZ CANS

- or -

TWO 14.75 OZ CANS

- or -

ONE 15 OZ CAN AND THREE 5 OZ CANS
PEANUT BUTTER

Peanut butter is not provided nor recommended for children under 2 years old.

SIZE: 16 - 18 oz jar in glass or plastic

ALLOWED:
- Creamy (smooth) or chunky (crunchy)
- Refrigerated or non-refrigerated
- Salted or unsalted
- Added vitamins

NOT ALLOWED:
- Reduced fat
- Peanut butter spreads
- Added marshmallows, honey, jelly, chocolate or similar ingredients
- Store ground
- Organic

CANNED BEANS

SIZE: 15 - 16 oz can

BRANDS: Any brand and variety of plain beans including black-eyed peas, crowder peas, garbanzo (chick peas) and purple hull peas.

ALLOWED:
- Added sugar
- Reduced sodium

NOT ALLOWED:
- Corn Syrup
- Green peas
- Green beans
- Lima beans
- Snap beans
- Yellow beans
- Wax beans
- Added meat, sauces, spices, vegetables or fruits
- Soups
- Organic

WAYS TO BUY BEANS

ONE 16 OZ BAG OF DRIED BEANS

= FOUR 15-16 OZ CANS OF CANNED BEANS

DRIED BEANS/PEAS

SIZE: 16 oz bag

ALLOWED:
- Plain dry beans, peas or lentils

Varieties include, but are not limited to:
- Black beans
- Black-eyed peas
- Fava and mung beans
- Garbanzo beans (chickpeas)
- Great Northern beans
- Kidney beans
- Mature lima beans (butter beans)
- Pinto beans
- Soy beans/edamame
- Split peas and lentils
- White beans (navy and pea beans)

NOT ALLOWED:
- Seasoning packets
- Organic
ALL JUICE

ALLOWED:
- Calcium fortified
- Blends
- Labeled 100% juice and at least 120% Daily Value (DV) of Vitamin C
- Refrigerated orange juice in 64 or 128 oz bottles

NOT ALLOWED:
- Sweetened juices, fruit drinks or juice cocktails
- Organic
- Added spices

JUICE FOR WOMEN

11.5/12 OZ FROZEN CANS

Makes 48 oz

ANY BRAND
Orange

ANY BRAND
White Grapefruit
Ruby Red Grapefruit
Pink Grapefruit

ALWAYS SAVE
Apple

HY-TOP
Apple

KROGER
Apple
Grape
Pineapple
Pineapple Orange

MARKET PANTRY
Apple

OLD ORCHARD
Apple
Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Peach Mango
Apple Raspberry
Apple Strawberry Banana
Berry Blend
Black Cherry Cranberry
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Blend
Cranberry Pomegranate
Cranberry Raspberry

WELCH’S
Grape
White Grape
White Grape Peach
White Grape Raspberry
# 48 oz Plastic Bottle

<table>
<thead>
<tr>
<th>Any Brand</th>
<th>JUICY JUICE</th>
<th>LUCKY LEAF</th>
<th>MARKET PANTRY</th>
<th>NORTHLAND</th>
<th>PARADE</th>
<th>RUBY KIST</th>
<th>SHURFINE</th>
<th>WELCH'S</th>
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<tbody>
<tr>
<td>Orange</td>
<td>Orange</td>
<td>Apple</td>
<td>Grape</td>
<td>Cranberry</td>
<td>Apple</td>
<td>Grape</td>
<td>Apple</td>
<td>Grape (also 96 oz) White Grape</td>
</tr>
<tr>
<td>White Grapefruit</td>
<td>Ruby Red</td>
<td>Grapefruit</td>
<td>Pink Grapefruit</td>
<td>Apple</td>
<td>Apple</td>
<td>Pineapple</td>
<td>Apple</td>
<td></td>
</tr>
<tr>
<td>Cuties</td>
<td>Tangerine</td>
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<td>Tangerine</td>
<td>Apple</td>
<td>Apple</td>
<td>Mango</td>
<td>Apple</td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td>Tangerine</td>
<td>Orange</td>
<td>Apple</td>
<td>Apple</td>
<td>Apple</td>
<td>Pineapple</td>
<td>Apple</td>
<td></td>
</tr>
<tr>
<td>Harvest Classic</td>
<td>Apple</td>
<td>Orange Mango</td>
<td>Grape</td>
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<td>JUICY JUICE</td>
<td>All Flavors</td>
<td>Orange Mango</td>
<td>Orange Grape</td>
<td>Apple</td>
<td>Apple</td>
<td>Pineapple Mango</td>
<td>Apple</td>
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</table>

# 96 oz Plastic Bottle

**Apple & Grape**

<table>
<thead>
<tr>
<th>Best Choice</th>
<th>Food Lion</th>
<th>Great Value</th>
<th>Old Orchard</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔</td>
<td>✔</td>
<td>✔</td>
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</tr>
</tbody>
</table>
JUICE FOR CHILDREN

64 OZ PLASTIC BOTTLE

ANY BRAND
Orange (also 128 oz)

ANY BRAND
White Grapefruit
Ruby Red Grapefruit
Pink Grapefruit

ALWAYS SAVE
Apple
Grape

ARCHER FARMS
Apple Cider

BEST CHOICE
Apple (also 128 oz)
Apple Cider
Berry
Cherry
Grape
Pineapple
Punch
Tomato
Vegetable
White Grape

CAMPBELL’S
TOMATO JUICE
Regular
Low Sodium

DELSSEA FARMS
Granny Smith Apple
Honey Crisp Apple

DIANE’S GARDEN
Vegetable

ESSENTIAL EVERYDAY
Apple

FOOD CLUB
Apple (also 128 oz)
Cherry
Cranberry
Cranberry Grape
Grape
Pineapple
Tomato
Vegetable
White Grape

FOOD LION
Apple
Berry Blend
Cherry
Fruit Punch
Grape
Grapefruit
Tomato
White Grape
White Grape Peach

GREAT VALUE
Apple
Cranberry Blend
Cranberry Grape
Grape
Tomato
Vegetable
White Grape
White Grape & Peach

HY-TOP
Apple (also 128 oz)
Grape
Tomato
Vegetable
White Grape

IGA
Apple (also 128 oz)
Grape

INDIAN SUMMER
Apple (also 128 oz)
**JUICY JUICE**
- All Flavors (also 128 oz)
- Apple
- Fruit Punch
- Kiwi Strawberry

**KROGER**
- Apple (also 128 oz)
- Cranberry
- Grape
- Low Sodium Vegetable
- Orange Pineapple
- Pineapple
- Spicy Vegetable
- Vegetable
- White Grape
- White Grape Peach

**LAURA LYNN**
- 8 Vegetable
- Apple
- Apple with Calcium
- Cranberry
- Grape
- Low Sodium 8 Vegetable
- Low Sodium Tomato
- Tomato
- White Grape
- White Grape Peach

**LIBBY’S**
- Pineapple

**LUCKY LEAF**
- Apple

**LANGER**
- Apple
- Apple Cranberry
- Apple Grape
- Apple Orange
- Pineapple
- Cranberry Plus
- Harvest Apple Plus
- Pineapple

**MARKET PANTRY**
- Apple (also 128 oz)
- Cranberry
- Blackberry
- Cranberry Blueberry
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Pomegranate
- Blueberry
- Wild Cherry

**MOTT’S**
- Apple Original (also 128 oz)
- Apple Cherry
- Apple White Grape

**MR. PURE**
- Apple

**MUSSELMAN’S**
- Apple

**NATURE’S NECTAR**
- Apple
- Berry Burst
- Cherry
- Fruit Punch
- White Grape

**OLD ORCHARD**
- Acai Pomegranate
- Apple
- Apple Cherry
- Apple Cranberry
- Apple Kiwi
- Strawberry
- Apple Peach
- Mango
- Apple Raspberry
- Apple Strawberry
- Banana
- Berry Blend
- Black Cherry
- Cranberry
- Blueberry
- Pomegranate
- Cherry
- Pomegranate
- Cranberry
- Pomegranate
- Grape
- Kiwi Strawberry
- Peach Mango
- Red Raspberry
- Strawberry
- Watermelon
- White Grape
- Wild Cherry
PARADE
Apple
Grape
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Vegetable
White Grape

PIGGLY WIGGLY
Apple (also 128 oz)
Grape
White Grape

PUBLIX
Apple (also 128 oz)
Grape
Premium Apple
Premium Unfiltered Apple

SAM’S CHOICE
Apple

SENeca
Apple

SHURFINE
Apple (also 128 oz)
Cranberry Apple
Cranberry
Grape
Tomato
Vegetable
White Grape

THAT’S SMART
Grape

VALU TIME
Grape

TREE TOP
Apple
Apple Berry
Apple Cranberry
Apple Grape
Pineapple Orange

V8 100% VEGETABLE JUICE
Original
Low Sodium
Spicy Hot

WELCH’S
Antioxidant Tropical Trio
Grape
White Grape
Red Grape
Super Oxidant Super Berry
White Grape

WHITE HOUSE
Apple (also 128 oz)
Natural Apple
Premium Apple (128 oz only)
INFANT FOOD

INFANT CEREAL

SIZE: 8 or 16 oz container

ALLOWED:
• Regular or whole wheat/whole grain

NOT ALLOWED:
• Added ingredients such as infant formula, milk, fruit or other non-cereal ingredients
• Organic
• With DHA/ARA

BREASTFEEDING BENEFITS!

Breastfeeding is a priority of the WIC Program! It provides many health, nutritional, economical and emotional benefits to mother and baby.

✔ Breastfeeding moderates your infant’s weight gain which can lead to better health when your child is older!
✔ Breastfeeding over time lowers breast cancer risk!
✔ Breastfeeding moms and infants get support to meet their breastfeeding goals!
✔ Breastfeeding moms and infants get more foods from WIC!

INFANT FORMULA

✔ If your baby is formula fed, see your benefits statement for the brand and type allowed.
✔ Follow formula mixing and storage instructions carefully!
✔ WIC provides some baby food and formula, but you may need to purchase additional baby food and formula to meet your baby’s needs in a benefit period.
**INFANT VEGETABLES**

**SIZE:** 4 oz glass jars or plastic containers

**ALLOWED:**
- 2nd Stage (4 oz)
- Single or mixed ingredients

**INFANT FRUITS**

**SIZE:** 4 oz glass jars or plastic containers

**ALLOWED:**
- 2nd Stage (4 oz)
- Single or mixed ingredients

**NOT ALLOWED FOR VEGETABLES OR FRUITS:**
- With added sugars, starches or sodium
- With added cereal

**INFANT MEATS**

**FOR FULLY BREASTFED INFANTS**

**SIZE:** 2.5 oz jars

**ALLOWED:**
- Single ingredient of meat or poultry with added broth or gravy

**NOT ALLOWED:**
- With added sugars or sodium
- Any combinations (like meat and vegetables)
- Any infant dinners (like spaghetti and meatballs)
- Organic
- With DHA/ARA

**HOW MANY JARS IS THAT?**

<table>
<thead>
<tr>
<th>OUNCES</th>
<th>4 OZ. JAR</th>
<th>4 OZ. TWIN PACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>128</td>
<td>32</td>
<td>16</td>
</tr>
<tr>
<td>96</td>
<td>24</td>
<td>12</td>
</tr>
<tr>
<td>64</td>
<td>16</td>
<td>8</td>
</tr>
<tr>
<td>32</td>
<td>8</td>
<td>4</td>
</tr>
</tbody>
</table>
Buying, selling or trading WIC benefits is ILLEGAL! If you buy, sell, trade or give away your WIC foods, you may:

- **BE CHARGED WITH FRAUD**; and/or
- **REPAY IN CASH** the value of the food/formula benefits; and/or
- **LOSE YOUR BENEFITS** from the WIC Program.

**DON’T FALL FOR THE TRAP!**

ABSOLUTELY NO:

- TRADING
- CASH
- GARAGE SALES
- facebook
- ebay
- craigslist
- OTHER ONLINE MARKETPLACES

QUESTIONS?

Just call 1-800-342-5942 or contact your local WIC clinic.

**SHOPPING TIPS**

GET THE MOST FOR YOUR MONEY

- Use coupons. Most stores feature weekly specials.
- Buy store brands.
- No need to buy everything on your benefits at once.
- If you do not want an item you do not have to buy it.
- Foods can only be purchased during the valid benefit period. Any remaining foods expire on the last day of the benefit period.
- Rain checks for out-of-stock items are not allowed.
- Keep your receipts to know your balance or help solve issues.

**WE ARE HERE TO HELP!**

Tennessee Breastfeeding Hotline 24/7
855-423-6667
855-4BFMOMS

Tennessee Tobacco QuitLine
1-800-784-8669
1-800-QUIT-NOW

Tennessee Poison Center
1-800-222-1222

Nurture the Next Helpline 24/7
1-800-CHILDREN
1-800-244-5373

Tennessee Crisis Line
1-855-274-7471

Tennessee WIC Program
1-800-DIAL-WIC
1-800-342-5942
NOTIFY THE WIC OFFICE IF YOU:

• are unable to keep a scheduled appointment.
• have your baby!
• need help or support with breastfeeding.
• are unable to purchase WIC foods.
• have any problems or concerns about the store.
• have questions about WIC services.
• are moving out of Tennessee.

CONTACT YOUR LOCAL WIC AGENCY AT: