TENNESSEE WIC
SHOPPING GUIDE
EFFECTIVE JANUARY 1, 2023

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.
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50-51 IMPORTANT INFORMATION
1. Before shopping, check your TN WIC balance with one of the following tips:
   a. Check the WICShopper App.
   b. Go online! Create your account at www.WICConnect.com with the “Cardholders” feature.
   c. Call the number on the back of your card. They will read your balance to you.
   d. Ask the store to print a copy of your balance. You will need to swipe your card to do this.
   e. Keep your receipts from WIC shopping trips. Your remaining balance and the date your current benefits expire will print near the bottom of the receipt.

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

3. Take your TN WIC Shopping Guide with you to the store or use the WICShopper App.

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.

Simplify your shopping! Download the WICShopper App.
   a. Install “WICShopper” from your app store.
   b. Select Tennessee as your WIC Agency.
   c. Register using the 16-digit number from your TN WIC card.
   d. Scan products using the app to verify WIC-eligibility as you shop!
   e. View your remaining balance, food list, recipes, and more.
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 AND FROZEN FRUITS

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

NOT ALLOWED:
• Foods containing fruits such as blueberry muffins and other baked goods
• Fruit/nut mixtures, fruit basket, party trays or fruits or vegetables from salad bars
• Edible blossoms or flowers (e.g. squash blossoms)
• Soups
• Fruit leathers or fruit roll-ups
• Added sugar or other ingredients

FRESH AND FROZEN VEGETABLES

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

NOT ALLOWED:
• Bundled packages of herbs or spices
• Vegetable-grain (pasta or rice mixtures), breaded vegetables or creamed or sauced vegetables
• Dried vegetables
• Peanuts or other nuts
• Ketchups or other condiments, pickled vegetables or olives
• Ornamental or decorative fruits or vegetables (e.g. chili peppers on a string, garlic on a string or gourds)
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

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

- BUNNY
  - 100% Whole Wheat Bread

- LEWIS BAKE SHOP
  - 100% Whole Wheat Bread

- 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

- WONDER
  - 100% Whole Wheat Soft Bread

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

100% WHOLE WHEAT STORE BRAND/PRIVATE LABEL

BEST CHOICE

FIT & ACTIVE

FOOD LION

KERN’S (Food City)

KROGER
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
• Fajita Size

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**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Shapes Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALLEGRA</td>
<td>Spaghetti</td>
</tr>
<tr>
<td>AMERICA’S CHOICE</td>
<td>Spaghetti</td>
</tr>
<tr>
<td>BARILLA</td>
<td>Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti, Thin Spaghetti</td>
</tr>
<tr>
<td>KROGER</td>
<td>Penne Rigate, Rotini, Spaghetti, Thin Spaghetti</td>
</tr>
<tr>
<td>HODGSON MILL</td>
<td>Angel Hair, Elbow, Spaghetti, Thin Spaghetti</td>
</tr>
<tr>
<td>GREAT VALUE</td>
<td>Elbow Macaroni, Linguine, Penne, Rotini, Spaghetti, Thin Spaghetti</td>
</tr>
<tr>
<td>GIA RUSSA</td>
<td>Angel Hair, Elbow, Penne Rigate, Roman Rigatoni, Rotini, Spaghetti</td>
</tr>
<tr>
<td>LAURA LYNN</td>
<td>Penne, Rotini, Spaghetti</td>
</tr>
<tr>
<td>RONZONI HEALTHY HARVEST</td>
<td>Linguine, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti</td>
</tr>
</tbody>
</table>

### Other Whole Unprocessed Grains

**SIZE: 16 oz only**

**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 9 oz box or bag

GENERAL MILLS

Cheerios®
Multi-Grain®
Fiber One Original®
Berry Berry Kix®
Honey Kix®
Kix®
Wheaties®
Whole Grain Total®
Blueberry Chex
Cinnamon Chex
Corn Chex
Rice Chex
Wheat Chex®

KELLOGG’S

All-Bran Complete Wheat Flakes
Corn Flakes
Crispix
Frosted Blueberry
Frosted Little Bites®
Frosted Original®
Unfrosted Bite Size®
Rice Krispies
Special K (Original, Protein and Gluten Free)
Corn Flakes
Crispy Rice
Blueberry Mini-Spooners®
Mini-Spooners®
Strawberry Cream Mini-Spooners®

MALT-O-MEAL

COLD CEREAL

16
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 9 oz box or bag**

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

### CREAM OF RICE
- Whole Grain 1 Minute*
- Whole Grain 2½ Minute*
- Original
- Instant

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

### QUAKER
- Original*
- Original
- Butter
- Quick 5-Minute

*Indicates Whole Grain
WAYS TO BUY CEREAL

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*
- Instant Grits (original and butter)

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

**HOT CEREAL**

**MARKET PANTRY**
- Original Instant Oatmeal*

**PARADE**
- Regular Flavor Instant Oatmeal*

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

**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)

**MARKET PANTRY**
- Original Instant Oatmeal*

**PUBLIX**
- Original Instant Oatmeal*

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

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

*Indicates Whole Grain
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)
- Non-fat 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

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

GREAT VALUE
- Original *(refrigerated half-gallons)*

PACIFIC FOODS
- Original Organic *(non-refrigerated quarts)*

SILK
- Soymilk Original
- Unsweet Organic *(refrigerated half-gallons and 2 packs)*

WESTSOY
- Original Plain
CHEESE

Size: 8, 16 or 32 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:

One pound of cheese (16 oz) = Two 8 oz blocks

One 8 oz block and one 8 oz shredded = One 8 oz sliced and one 8 oz cubed
YOGURT

As listed on benefit statement

SIZE: 16 or 32 oz

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

DANNON®
- Lowfat Plain
- Lowfat Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Non-fat Strawberry Banana

GOGURT
- Any flavor

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

Yoplait®
- Lowfat Plain

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

As listed on benefit statement

WAYS TO BUY YOGURT

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

**COBURN FARMS**
(Save-A-Lot)
- Lowfat Plain
- Lowfat Vanilla
- Non-fat Greek
- Non-fat Greek Vanilla
- Yo Whoa Cotton Candy and MelonBerry (tubes)
- Yo Whoa Strawberry and Blueberry (tubes)
- Yo Whoa Watermelon and Strawberry (tubes)

**CROWLEY**
- Fat Free Vanilla
- Lowfat 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 Vanilla
- 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 (tubes)
- Vanilla

**LAURA LYNN**
(Ingle's)
- Greek Vanilla
- Lowfat Peach
- Lowfat Strawberry
- Lowfat Vanilla
- Non-fat Greek Plain
- Non-fat Plain

**MARKET PANTRY**
- 1% Vanilla
- Non-fat Plain

**MORNING FRESH FARMS**
- Lowfat Vanilla
- Non-fat Plain

**SIMPLE TRUTH**
- 2% Lowfat Greek Vanilla
- Lowfat Greek Plain

**SIMPLY BALANCED**
- Non-fat Greek Plain
- Vanilla Greek

**TASTE OF INSPIRATIONS**
- Non-fat Greek Vanilla
- Plain

**WHOLE FAT**

**Chobani**
- Plain

**DANNON**
- Plain Natural
- Whole Milk Strawberry
- Whole Milk Vanilla

**FOOD CLUB**
- Whole Milk Greek Honey Vanilla
- Whole Milk Greek Vanilla

**FOOD LION**
- Whole Milk Greek Plain

**GREAT VALUE**
(Walmart)
- Whole Milk Greek

**KROGER**
- Plain
- Vanilla
- Whole Milk Greek Plain
- Whole Milk Greek Vanilla

**KAROUN DAIRIES**
- Whole Milk Greek Plain

**LAURA LYNN**
(Ingle's)
- Greek Whole Milk
- Lowfat Peach
- Lowfat Strawberry
- Lowfat Vanilla
- Non-fat Greek Plain
- Non-fat Plain

**TAZAH**
- Plain

**TAZAH**
- Plain

30 31
TOFU
As listed on benefit statement
SIZE: 16 oz packages

ALLOWED:
• Organic

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

EGGS
SIZE: One dozen carton

ALLOWED:
• Large Grade A White

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

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

MIX & MATCH CANNED FISH UP TO 30 OZ

- or -
SIX 5 OZ CANS
- or -
EIGHT 3.75 OZ CANS
- or -
TWO 14.75 OZ CANS
- or -
TWO 15 OZ CANS
- or -
ONE 15 OZ CAN AND THREE 5 OZ CANS
WAYS TO BUY BEANS

ONE 16 OZ BAG OF DRIED BEANS

FOUR 15-16 OZ CANS OF CANNED BEANS

34 35
ALL JUICE

ALLOWED:
- Calcium fortified
- Blends
- Labeled 100% juice and at least 100% 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

BEST CHOICE
Apple

DOLE
Pineapple Orange
Pineapple Orange Banana

FOOD CLUB
Apple

FOOD LION
Apple

FREEDOM’S CHOICE
Apple

GREAT VALUE
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
Grape
Pineapple
Pineapple Orange
Pineapple Orange Banana
Strawberry Rhubarb
White Grape

PARADE
Apple

SENECA
Apple

SHURFINE
Apple

TIPTON GROVE
Apple

TREE TOP
Apple

VALU TIME
Apple

WELCH’S
Grape
White Grape
White Grape Peach
White Grape Raspberry
<table>
<thead>
<tr>
<th>Bottle Type</th>
<th>Brand</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td>48 oz Plastic Bottle</td>
<td>ANY BRAND</td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td>White Grapefruit</td>
<td>Ruby Red, Grapefruit, Pink Grapefruit</td>
</tr>
<tr>
<td></td>
<td>LUCKY LEAF</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>MARKET PANTRY</td>
<td>Grape</td>
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<tr>
<td></td>
<td>NORTHLAND</td>
<td>Cranberry</td>
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<tr>
<td></td>
<td>CUTIES</td>
<td>Tangerine, Tangerine Orange, Pineapple</td>
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<tr>
<td></td>
<td>HARVEST CLASSIC</td>
<td>Apple</td>
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<td></td>
<td>JUICY JUICE</td>
<td>All flavors</td>
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<td></td>
<td>PIGGLY WIGGLY</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>RUBY KIST</td>
<td>Grape, Pineapple</td>
</tr>
<tr>
<td></td>
<td>SHURFINE</td>
<td>Apple, Grape</td>
</tr>
<tr>
<td></td>
<td>WELCH’S</td>
<td>Grape (also 96 oz), White Grape</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>96 oz Plastic Bottle</th>
<th>Brand</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Best Choice</td>
<td>Food Lion, Great Value, Old Orchard</td>
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<tr>
<td></td>
<td></td>
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</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

DELSEA 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
White Grape Peach

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

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)

ALWAYS SAVE
Apple
Grape

ARCHER FARMS
Apple Cider

DELSEA 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
White Grape Peach

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

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

**LANGERS**
Apple
Apple Cranberry
Apple Grape
Apple Orange
Pineapple
Cranberry Plus
Harvest Apple Plus
Pineapple

**LIBBY’S**
Pineapple

**LUCKY LEAF**
Apple

**MARKET PANTRY**
Apple (Also 128 oz)
Grape
Harvest Apple
Grape
White Grape

**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

**OCEAN SPRAY**
Cranberry
Blackberry
Cranberry Cherry
Cranberry Concord
Grape
Cranberry Mango
Cranberry Pineapple
Cranberry Pomegranate
Cranberry Raspberry

**NORTHLAND**
Blueberry
Blackberry Acai
Cranberry
Blackberry
Cranberry Blueberry
Cranberry Grape
Cranberry Pomegranate
Cranberry Raspberry
Pomegranate
Blueberry
Purple Power

**LANGERS**
Apple
Apple Cranberry
Apple Grape
Apple Orange
Pineapple
Cranberry Plus
Harvest Apple Plus
Pineapple

**LIBBY’S**
Pineapple

**LUCKY LEAF**
Apple

**MARKET PANTRY**
Apple (Also 128 oz)
Grape
Harvest Apple
Grape
White Grape

**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

**OCEAN SPRAY**
Cranberry
Blackberry
Cranberry Cherry
Cranberry Concord
Grape
Cranberry Mango
Cranberry Pineapple
Cranberry Pomegranate
Cranberry Raspberry

**NORTHLAND**
Blueberry
Blackberry Acai
Cranberry
Blackberry
Cranberry Blueberry
Cranberry Grape
Cranberry Pomegranate
Cranberry Raspberry
Pomegranate
Blueberry
Purple Power
**INFANT FOOD**

**INFANT CEREAL**

**SIZE:** 8 or 16 oz container

**ALLOWED:**
- Regular or whole wheat/whole grain
- Organic

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

**BEECH-NUT**

**GERBER**

**HOME 360**

**KROGER**

**PARENT’S CHOICE**

**TIPPY TOES**

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**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!

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**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.
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>
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<td>96</td>
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<td>8</td>
</tr>
<tr>
<td>32</td>
<td>8</td>
<td>4</td>
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</tbody>
</table>

INFANT VEGETABLES
SIZE: 4 oz glass jars or plastic containers

ALLOWED:
• 1st and 2nd Stage (4 oz)
• Single or mixed ingredients
• Organic

INFANT FRUITS
SIZE: 4 oz glass jars or plastic containers

ALLOWED:
• 1st and 2nd Stage (4 oz)
• Single or mixed ingredients
• Organic

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

INFANT MEATS
SIZE: 2.5 oz jars

ALLOWED:
• Single ingredient of meat or poultry with added broth or gravy
• Organic

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

INFANT FOOD FOR FULLY BREASTFED INFANTS

BEECH-NUT
GERBER (twin packs)
TIPPY TOES

BEECH-NUT
GERBER 1st stage
TIPPY TOES 1st stage

BEECH-NUT 2nd stage
GERBER 2nd stage
TIPPY TOES 2nd stage

BEECH-NUT
GERBER
TIPPY TOES
DON’T FALL FOR THE TRAP!

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.

ABSOLUTELY NO:

- TRADING
- CASH
- GARAGE SALES
- facebook
- ebay
- 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

Parent 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:

SCAN FOR THE WICSHOPPER APP: