

Cheese

Least expensive brand available at the time of purchase
14-16 oz. package required, if available.
Deli allowed if pre-packaged is not available.
Blocked or sliced

Regular Cheese

American
Cheddar
Colby
Colby Jack
Monterey Jack
Mozzarella
Swiss

Low Fat Cheese (Two 7-8 oz. may be substituted)

Not Allowed: Cheese foods, cheese products, whips or spreads, shredded, grated, smoked, cubed, blended (Colby Jack only) or imported.

Eggs

Least expensive brand available at the time of purchase

1 Dozen-large white only, Grade A or AA

Dry Beans or Peas

1 lb. bag, any kind, plain, unseasoned

Not Allowed: Mixed beans

Peanut Butter

18 oz. Jar - Any brand, creamy or crunchy

Note: Must be special issued

Not Allowed: "Plus" or peanut butter combinations

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Milk

Least expensive brand available at the time of purchase
Vitamin D or A/D fortified
(Milk type must be specified on food instruments)

Fat Free, Skim or Nonfat

Low fat, Light or 1%

Reduced Fat or 2%

Milk (Whole)[Word "WHOLE" does not appear on label.]

Buttermilk-(Borden, Coleman, Country Delight, Prairie Farms, Turner, Hiland)

Evaporated

Skim Evaporated

Non-Fat Dry

(Not to exceed number of ounces listed on food instrument)

Acidophilus

Dairy Ease

Lactaid (Whole, 2%, 1%, Fat Free)

Not Allowed: "Deluxe", "Plus", flavored, sweetened-condensed, non-dairy, goat's milk, Copy Cow or Bulgarian buttermilk

For Exclusively Breastfeeding Mothers Only

Carrots

1 lb. bag of raw or 14 - 16 oz. canned carrots

Not Allowed: Baby carrots, carrot sticks, peeled, shredded or loose carrots.

Tuna

Chunk light tuna in water. Any brand and combination of can sizes not to exceed number of ounces listed on food instrument.

Not Allowed: Albacore or smoked-flavored tuna, breast of tuna, tuna spread, tuna in oil, or low salt/low fat tuna.

Arkansas WIC

Program Approved Food List



Infant Formula

Enfamil with Iron
Enfamil Lipil
Enfamil Prosobee
Enfamil Prosobee Lipil

Not Allowed: Low iron formula or any brand not listed on food instrument. No exchanges or substitutions.

Infant Cereal

8 oz. box - Dry, plain, unflavored (Beechnut, Gerber, Del Monte)

Rice, Barley, Oatmeal

Not Allowed: Cereal with fruit or fruit flakes, high protein, mixed or individual servings.

Infant Juice

Apple Orange White Grape

(See Juice List for approved brands. Note: 4 oz. jars must be special issued)

Not Allowed: 8 oz. Jars, cocktails, blended juices, punches, ades, fruit or juice drinks.

For more information, call the WIC Central Office at (501) 661-2473 or your local unit.

Cereal

Any combination of the following cereals not to exceed number of ounces listed on food instrument.

Cold

General Mills

Cheerios (Multi-grain, Plus, Plain)
Chex (Corn, Multi-Bran, Rice, Wheat)
Country Corn Flakes
Kix (Plain)

Kellogg's

Corn Flakes
Crispix
Product 19
Special K
Squares Mini Wheat
(Raisin, Strawberry)

Malt-O-Meal

Toasty O's (Plain)
Puffed Rice
Puffed Wheat

Post

Bran Flakes
Grape Nuts Flakes
Honey Bunches of Oats (Honey Roasted or Almonds)

Quaker

Life (Plain)
King Vitamin
Oat Bran

Hot

Nabisco

Cream of Wheat
(Instant, 1-Minute, 2 1/2-Minute or 10-Minute)

Quaker

Instant Grits (Regular, Quick, or Instant)
Instant Oatmeal (Regular Flavor)

Malt-O-Meal

Quick Malt-O-Meal Hot Cereal (Regular Flavor)

Apple

Frozen

Concentrate

Always Save
Best Choice
Best Yet
Great Value
Hytop
IGA
Kroger
Minute Maid
Piggly Wiggly
Seneca
Shurfine
Tree Top

46 oz. Canned

Best Choice
Best Yet
Big Tex
Great Value
Hytop
IGA
Lucky Leaf
Shurfine
Seneca
Texsun

Non-

Frozen/Pourable

Concentrate

Juicy Juice
Mott's
Welch's

Grape

Frozen

Concentrate

(Purple)

Best Yet
Great Value
Hytop
Kroger
Seneca
Shurfine
Welch's

(Purple & White)

46 oz. Canned

(Purple)

Great Value
Seneca
Shurfine
(Purple & White)
Welch's

Non-

Frozen/Pourable

Concentrate

(Purple & White)

Welch's

Juice

Least expensive brand available at the time of purchase

100% pure juice

Blended Juice

Non-

Frozen/Pourable

Concentrate

Juicy Juice
Welch's

46 oz. Canned

Juicy Juice

Grapefruit

Frozen

Concentrate or 46

oz. Canned

All brands of
Grapefruit juice
qualify for WIC.
Use least expensive
brand available at
the time of purchase.

Orange

Frozen

Concentrate or 46

oz. Canned

All brands of
Orange juice qualify
for WIC. Use least
expensive brand
available at the
time purchase.
(Note: Calcium
fortified must be
special issued.)

Pineapple

Frozen

Concentrate or 46

oz. Canned

All brands of
Pineapple juice
qualify for WIC.
Use least expensive
brand available at
the time of purchase.

Tomato

46 oz. Canned

Best Yet
Del Monte
Great Value
Hytop
Shurfine

Vegetable

46 oz. Canned

Best Yet
Great Value
Hytop
IGA
Kroger
Shurfine
V-8

Not Allowed: Cocktails, punches, fruit or juice drinks, ades or blended juices other than noted above.