



APPROVED FOOD GUIDE

SOUTH DAKOTA WIC PROGRAM

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WIC food benefits are prescribed for the individual, to promote and support the nutritional wellbeing of the participant and to help meet the recommended intake of important nutrients or foods. The food provided by the Program is supplemental, i.e., it is not intended to provide all of the participant's daily food requirements.

MY RESPONSIBILITIES AS A PARTICIPANT OF THE WIC PROGRAM ARE TO:

- Treat all WIC staff, store employees, and other WIC participants kindly and with respect
- Ensure family member that is eligible for the WIC Program is the person using the WIC foods received
- Do not participate in the WIC Program at more than one WIC office
- Keep all appointments including certifications, assessments, and nutrition education
- Bring an eWIC card to each appointment. If the card is lost multiple times, additional training will be required
- Notify the WIC clinic if income, address, phone number, or the number of family members changes
- Do NOT buy, sell, return, or trade any benefits or eWIC Card
- Select the least expensive food item so that all eligible WIC participants can continue to receive WIC services



THINGS TO KNOW

SHOPPING WITH YOUR eWIC CARD

Before shopping check your benefit balance.

Buy only what you need. You do not have to buy all your foods at one time.

A SAFE AND CONVENIENT WAY TO USE YOUR WIC BENEFITS!

You may only use your eWIC card at any approved South Dakota WIC Program Store:

- Look for a South Dakota WIC Program sign in the window of the store
- Find a store in the provided list of vendors or online at sdwic.org/locations

SHOP FOR WIC FOODS

Buy only what you need. You do not have to buy all your foods at one time.

Your benefits may include dry or canned beans/peas OR peanut butter. If you buy canned beans, your remaining balance is for cans, so dried beans or peanut butter cannot be purchased from that portion of the remaining balance.

SHOPPING WITH YOUR eWIC CARD

CHECK YOUR BENEFITS BALANCE

To check the balance of your benefits:

- Use the SD WIC Mobile App
- Visit the MyWIC Client Portal
- Slide your card using the device at the store before shopping
- Call 1-877-231-9314 on the back of your eWIC card
- Visit ebtedge.com
- Visit a WIC clinic near you



Reading Your Receipt

STORE RECEIPT	PACKAGE SIZE
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MILK

1.00 gal	1 gallon
.50 gal	½ gallon
.25 gal	1 quart

CHEESE

1.00 lb	1 pound or 16 oz
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WHOLE GRAIN BREAD

16.0 oz	16 oz
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THINGS TO KNOW

SHOPPING WITH YOUR eWIC CARD

AT CHECK-OUT

1. Always use your eWIC card before your SNAP benefits or other payment option (cash, debit card, etc.) to ensure the WIC benefits for specific foods are used first.
2. Have your eWIC card ready. Before scanning any foods, tell the cashier you are using an eWIC card.
3. When the cashier tells you, slide your card in the eWIC device or hand your eWIC card to the cashier.
4. Enter your PIN and press the enter button on the keypad.
5. The cashier will scan your food. The number of approved food items and the dollar amount of fresh, frozen or canned vegetables and fruits you purchase will be deducted from your benefits account.

KEEP YOUR RECEIPT

The cashier will give you a receipt that shows your remaining benefits balance and the date your benefits expire.

TIPS FOR TAKING CARE OF YOUR EWIC CARD

- Keep your card safe and clean.
- Keep your card away from items like magnets, cell phones, TVs and microwaves.
- DO NOT write your PIN on your card.
- DO NOT give your PIN to anyone that you do not want to use your card.
- DO NOT bend your card.
- DO NOT place your card in direct sunlight, such as on a car's dashboard.

JUICE

1.00 cont	12 oz frozen
1.00 cont	64 oz juice

CEREAL (Cereal)

36 oz	36 oz
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BEANS/PEAS/PEANUT BUTTER

1 cont	One 16 oz bag, or Four 15-16 oz cans, or One 16-18 oz, Peanut Butter
.75 cont	3 cans
.50 cont	2 cans
.25 cont	1 can

EGGS

1 doz	1 dozen
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CANNED FISH

30.0 oz	Six 5 oz cans or Eight 3.75 oz cans
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FREQUENTLY ASKED QUESTIONS

What is a PIN (personal identification number)?

A PIN is a four-digit secret number that, along with the card, allows access to the food benefits and customer service.

- Choose four numbers that are easy for you to remember, but hard for someone else to figure out.
- Don't choose a year like your birthday or anniversary for you or other family members.
- Don't give your PIN to anyone that you do not want to use your card. If someone knows your PIN and uses your card to get your food benefits without your permission, those benefits will not be replaced.
- Don't write your PIN on your card or keep it in your wallet or purse.

What if I forget my PIN?

Call 1-877-231-9314, visit ebtedge.com, or visit a WIC clinic near you.

What if I enter the wrong PIN?

DO NOT try to guess your PIN. If the correct PIN is not entered on the 4th consecutive try, your PIN will be locked. This is done for your protection so someone else may not receive your food benefits. You will have to wait until after midnight for your account to unlock to try again.

What should I do if someone finds out my PIN?

If someone uses your card and PIN, your BENEFITS WILL NOT BE REPLACED. Immediately call customer service at 1-877-231-9314 and change your PIN.

What should I do if I lose my card?

If someone uses your card and PIN, your BENEFITS WILL NOT BE REPLACED. Immediately contact your local WIC clinic to change the status of your card. If the clinic is closed, leave a message or call 1-800-738-2301. You may also leave a message at this number.

FREQUENTLY ASKED QUESTIONS

How will I get benefits with my eWIC Card?

Benefits will be in your household food account immediately following your appointment or the beginning date of the first time you received WIC services. Benefits are good for 30 days and will expire at 11:59 pm on the 30th day. As approved foods are purchased, these items will be deducted from the available balance.

How will I know my food account balance?

After using your eWIC card at the store, your receipt will show your remaining balance. You can also find the balance using the SD WIC Mobile App, MyWIC Client Portal, or the eWIC device at the store. We recommend checking your balance before you shop.

What if my card won't work?

Please contact your local WIC clinic.

What happens if the eWIC device at the store is not working?

If available, try another eWIC device or you can go to another participating store.

What should I do with my card after my benefits are used?

SAVE your eWIC card! Even when your WIC foods are used, your card is reusable. Your next benefits will be purchased with the same eWIC card.

If I don't use all of my benefits, will they roll over to the next month?

No. Benefits that are not used will expire on the ending date.

QUESTION:

What if I run out of formula before my next WIC appointment or before I receive my next month's benefits?

ANSWER:

WIC is a supplemental nutrition program and may not provide all the formula your baby needs for a month.

BUDGETING TIPS FOR FORMULA

- Put money aside from each paycheck for additional formula
- Only prepare the amount of formula your infant will need for each feeding
- If you receive SNAP (Food Stamps) you may use that for buying additional formula not provided by WIC
- Keep all your WIC appointments to receive your benefits

eWIC CUSTOMER SERVICE

EWIC CUSTOMER SERVICE

Available 24 Hours a Day/7 Days a Week

For assistance:

call 1-877-231-9314, visit ebtedge.com,
or visit a WIC clinic near you.

Before calling customer service or
visiting the website, please have your
16-digit card number available.

You will get four (4) chances to enter
your card number and PIN before being
disconnected.

To report fraud:

call 1-800-424-9121 or
visit usda.gov/oig/hotline.htm.



SHOPPING WITH YOUR eWIC CARD

VEGETABLES & FRUITS

USE YOUR CASH VALUE BENEFIT

FRESH

ALLOWED

- Any Brand
- Any Package Size or Type (Bag, Box) including salad mixtures without dressing
- Any Variety or Mixture of Plain Vegetables or Fruits
- Cooking Pumpkins
- Cut or Whole
- Organic
- Salad Mixtures without Dressing
- Shredded Lettuce
- Garlic, Ginger, Onions

NOT ALLOWED

- Added Creams, Dips, Sauces
- Added Croutons, Dried Fruit, Nuts
- Decorative Pumpkins
- Deli Items
- Dried Vegetables & Fruits
- Dried Legumes, Peas
- Fruit & Nut Mixtures
- Herbs or Spices
- Party Trays
- Pickled Items
- Salad Mixtures with Dressing
- Salad Bar Items

FROZEN

ALLOWED

- Any Brand
- Any Package Size or Type (Bag, Box)
- Any Variety or Mixture of Plain Vegetables or Fruits
- Organic
- Garlic, Ginger and Onions

NOT ALLOWED

- Artificial Sweeteners (Like Splenda)
- Ingredients Other Than Plain Vegetables & Fruits
- Frozen Vegetables – No Added Butter, Sauces, Sugars, Fats, Oils, Salts
- Frozen Fruits – No Added Sugars, Fats, Oils, Salts



BUYING FRESH VEGETABLES & FRUITS WHEN SOLD BY THE POUND

- 1 Select a vegetable or fruit that is priced by the pound.
- 2 Place the item on the grocery scale for an estimated weight.
- 3 Round the weight up to the nearest pound or half-pound.
- 4 Estimate the cost of the item using the FRESH PRODUCE CHART.

EXAMPLE: BANANAS

PRICE = \$0.59 / LB

WEIGHT = 1 3/4 LBS

- Round the weight up to 2 lbs; find 2 lbs on the left side of the chart
- Find the price per pound (\$0.59/lb) on the bottom of the chart
- Follow the 2lb row across to the right and the \$0.59/lb column up until they meet
- The weight (2lbs) and the price (\$0.59/lb) meet at \$1.18 on the chart

2 POUNDS AT \$0.59/LB = \$1.18



VEGETABLES & FRUITS

HELPFUL HINT!

16 OZ = 1 POUND

8 OZ = 1/2 POUND

FRESH PRODUCE CHART

4 lb	1.96	2.36	2.76	3.16	3.56	3.96	4.36	4.76													
3.5 lb	1.72	2.07	2.42	2.77	3.12	3.47	3.82	4.17	4.52	4.87											
3 lb	1.47	1.77	2.07	2.37	2.67	2.97	3.27	3.57	3.87	4.17	4.47	4.77									
2.5 lb	1.23	1.48	1.73	1.98	2.23	2.48	2.73	2.98	3.23	3.48	3.73	3.98	4.23	4.48	4.73	4.98					
2 lb	0.98	1.18	1.38	1.58	1.78	1.98	2.18	2.38	2.58	2.78	2.98	3.18	3.38	3.58	3.78	3.98	4.18	4.38	4.58	4.78	4.98
1.5 lb	0.74	0.89	1.04	1.19	1.34	1.49	1.64	1.79	1.94	2.09	2.24	2.39	2.54	2.69	2.84	2.99	3.14	3.29	3.44	3.59	3.74
1 lb	0.49	0.59	0.69	0.79	0.89	0.99	1.09	1.19	1.29	1.39	1.49	1.59	1.69	1.79	1.89	1.99	2.09	2.19	2.29	2.39	2.49
PRICE PER POUND	0.49	0.59	0.69	0.79	0.89	0.99	1.09	1.19	1.29	1.39	1.49	1.59	1.69	1.79	1.89	1.99	2.09	2.19	2.29	2.39	2.49

CANNED VEGETABLES & FRUITS USE YOUR CASH VALUE BENEFIT

ALLOWED CANNED VEGETABLES

- See List of Accepted Brands of Canned Vegetables on page 13.
 - Any Variety Without Added Sugars, Fats, or Oils
 - Low, Reduced and Regular Sodium
 - Added Herbs and Seasonings
 - Mixed Vegetables, except those with Lima Beans
- The Vegetable Must be Listed as the First Ingredient
Exception: tomato products with "water" as the first ingredient (like tomato puree)

NOT ALLOWED CANNED VEGETABLES

- Home, Canned, or Preserved
 - Added Pastas, Rice or Other Grains
 - Added Fats or Oils
 - Added Sugar – unless in limited amounts for preservation (2-3 grams per serving)
 - Added Non-Nutritive, Artificial Sweeteners
 - Vegetable Salads (like three-bean salad)
 - Seasonings, spices, herbs sold as a sole ingredient
 - Mixed Vegetables that include Lima Beans
- Pickled Vegetables (pickles, olives, sauerkraut, banana peppers, etc.)
 - Creamed Vegetables (like creamed corn, creamed spinach)
 - Pasta Sauces
 - Ketchup
 - Salsa
 - Individual Cups
 - No Jars

ALLOWED CANNED FRUITS

- See List of Accepted Brands of Canned Fruit on page 13.
- Any Variety Including Applesauce
- Packed/stored in 100% Juice or Water without Added Sugars, Fats, Oils or Salt
- Fruit Must be Listed as the First Ingredient
- Applesauce in Plastic Jars or Individual Cups



NOT ALLOWED CANNED FRUITS

- Home, Canned, or Preserved
- Added Sugar or Other Forms of Sugar (like high fructose corn syrup)
- Added Non-Nutritive, Artificial Sweeteners
- Individual Pouches
- Canned Juice
- Individual Fruit Cups, except applesauce

CANNED VEGETABLES & FRUITS ACCEPTED BRANDS

ACCEPTED BRANDS OF CANNED VEGETABLE & FRUIT

- Allen's
- Always Save
- Asian Gourmet
- Best Choice
- Bruce's
- Butter Kernel
- Clearly Organic
- Contadina
- Corner Store
- Dei Fratelli
- Del Monte
- Dole
- Essential Everyday
- Fareway
- Field Day
- Food Club
- Freedoms Choice
- Freshlike
- Full Circle Market
- Great Value
- Green Giant
- Hunt's
- Hy-Vee
- Kuner's
- Le Sueur
- Libby's
- Mott's
- Muir Glen
- Musselman's
- O Organics
- Old El Paso
- Oregon Fruits
- Ortega
- Our Family
- Progresso
- Red Gold
- Rotel
- S&W
- Signature Selects
- That's Smart
- Valutime
- Wild Harvest
- World Class Trading Co



WHOLE GRAINS

BREAD 12, 16, 20, OR 24 OZ PACKAGES

HELPFUL HINT
16 OZ = 1 POUND



BEST CHOICE

- 100% Whole Wheat 16oz



COUNTRY HEARTH

- 100% Whole Wheat 24oz



ESSENTIAL EVERYDAY

- 100% Whole Wheat 16oz



FAMILY CHOICE

- 100% Whole Wheat 16oz



FAREWAY

- 100% Whole Wheat 16oz



FOOD CLUB

- 100% Whole Wheat 24oz



GREAT VALUE

- 100% Whole Wheat 20oz



HYVEE

- 100% Whole Wheat 16oz



IGA

- 100% Whole Wheat 16oz



SIGNATURE SELECT

- 100% Whole Wheat 24oz

WHOLE GRAINS

BREAD 12, 16, 20, OR 24 OZ PACKAGES

HELPFUL HINT
16 OZ = 1 POUND



BROWNBERRY

- 100% Whole Wheat 24oz
- 100% Whole Wheat Sandwich Buns 16oz
- 100% Whole Wheat Hot Dog Buns 16oz



OROWEAT

- 100% Whole Wheat Hot Dog Buns 16oz
- 100% Whole Wheat Sandwich Buns 16oz
- Whole Grain 12-Grain Bread 24oz
- Whole Grain Healthy Multi-Grain Bread 24oz
- 100% Wide Pan Whole Wheat Bread 24oz



PEPPERIDGE FARM

- 100% Whole Wheat 16 & 24oz
- Very Thin 16oz
- Stone Ground 16oz
- Rye 16oz
- Hamburger Buns – Whole Wheat 16oz
- Whole Grain 15 Grain 24oz
- Whole Grain Honey Wheat 24oz
- Whole Grain Oatmeal 24oz



SARA LEE

- Classic 100% Whole Wheat 16 & 20oz
- Hearty & Delicious 100% 24oz
- Thin Style Buns 12oz
- Delightful 100% Multi-Grain 20oz
- Soft & Smooth Whole Wheat 16 & 24oz



OUR FAMILY

- 100% Whole Wheat 16oz & 24oz



VILLAGE HEARTH

- 100% Whole Wheat 16 & 20oz



WONDER

- 100% Whole Wheat 16oz

NOT ALLOWED

- Deli or Bakery Bread
- Organic
- Frozen Bread Dough
- Rolls, Bagels, English Muffins, Pita Bread

TORTILLAS 16 OZ PACKAGES

BEST CHOICE



100% Whole Wheat



Corn

CHI-CHI'S



Whole Wheat & White Corn

DON PANCHO



Whole Wheat

LA BURRITA



Corn

MISSION



Yellow Corn - Extra Thin



Whole Wheat

HYVEE



Whole Wheat & White Corn

ORTEGA



Whole Wheat

BROWN RICE 14-16 OZ BAG OR BOX

ALLOWED

- Any Brand (Except Uncle Ben's)
- Instant, Regular, or Quick Cooking
- Long or Medium Grain

NOT ALLOWED

- Added Fat, Flavor, Oil, Salt, Sugar
- Individual Packets
- Mixes or Wild Rice
- Uncle Ben's

NOT ALLOWED

- Hard Shell Tortillas or Taco Shells
- Organic



PASTA - WHOLE GRAIN OR WHOLE WHEAT 1 LB (16 OZ) PACKAGES ONLY



BARILLA

- Penne
- Spaghetti
- Thin Spaghetti
- Angel Hair
- Linguine
- Rotini
- Elbow
- Shells



ESSENTIAL EVERYDAY

- Elbow Macaroni
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



GREAT VALUE

- Elbows
- Linguine
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti



HODGSON MILL

- Spaghetti
- Thin Spaghetti
- Angel Hair
- Elbow
- Spiral



HYVEE

- Angel Hair
- Penne
- Rotini
- Spaghetti



RONZONI

- Penne
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine

NOT ALLOWED

- Added Sugar, Fats, Oils or Salts



DAIRY

MILK GALLON, HALF GALLON, QUART

ALLOWED

MILK TYPE WILL BE LISTED
ON WIC BENEFITS BALANCE

- Any Brand
- Low Fat (1%, Fat Free , Skim)
- Reduced Fat (2%)
- Whole
- Acidophilus
- Buttermilk — Liquid Only
- Dry/Powdered — 26.5 oz
- Evaporated — 12 oz
Cans Only (Fat Free,
Low Fat, Whole)
- Lactose Reduced,
Lactose Free - 1/2
Gallon Only, (Low Fat,
Reduced Fat, Whole)



NOT ALLOWED

- Added Calcium, Protein, or Other
Nutrients (Other Than Vitamin A & D)
- Added Sugar or Flavorings
- Glass Bottles
- Individual Packets
- Organic Milk, Rice Milk, Almond Milk
- Sweetened Condensed Milk

NOTE FOR ALL MILK

Can purchase 1/2
gallon if list states
two quarts

Can purchase two
1/2 gallons if list
states 1 gallon

Can purchase 1
gallon if list states
two 1/2 gallons

SOY BEVERAGE HALF GALLON



8th Continent
Original



Silk Original

NOT ALLOWED

- Added Flavoring
- “Light”

DAIRY

CHEESE 8 OR 16 OZ

ALLOWED

- American
- Cheddar (All Varieties)
- Cheddar-Jack
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella (Part Skim)
- Reduced Fat

BLOCK CHEESE

- Any Brand

SHREDDED CHEESE



Best
Choice



Crystal
Farms



Essential
Everyday



Fareway



Great Value



Kraft



Our
Family



NOT ALLOWED

- Cubed, crumbles, or shapes
- Variety wheels or packs
- Cheese with additional ingredients such as pimentos, jalapeno peppers, caraway seeds, meat, etc.
- Cheese curds or raw milk cheese
- Added Bits or Deli Cheese
- Cheese and Cracker Packs
- Cheese Food or Products (Velveeta)
- Cheese Products in Cans, Bottles, Jars
- Cottage Cheese
- Cream Cheese or Cheese Spread
- Organic
- String, Sliced, Smoked
- Random Weight

DAIRY

YOGURT 32 OZ (2LB) CONTAINERS ONLY

DANNON



Non-Fat
Plain



Low Fat
Plain



Low Fat
Vanilla



Whole Milk
Plain



Whole Milk
Vanilla

YOPLAIT



Low Fat
Original
Strawberry



Low Fat
Original
Vanilla



Low Fat
Original
Blueberry



Low Fat Original
Harvest Peach



Low Fat Original
Strawberry Banana



NOT ALLOWED

- Individual Servings
- Drinkable or Frozen Yogurt
- Yogurts with mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients
- Fruit Mixtures

HOT & COLD CEREAL

12 – 36 OZ

*WHOLE GRAIN
‡ GLUTEN FREE

ESSENTIAL EVERYDAY

COLD CEREAL



Bran Flakes*



Frosted Shredded Wheat*



Toasted Oats*



Honey Oats & Flakes*



Instant Oatmeal Regular*

HOT CEREAL

FAREWAY

COLD CEREAL



Bran Flakes*



Tasteeos*



Crunchy Oat Squares*



Frosted Shredded Wheat*



Wheat Squares*

GREAT VALUE

COLD CEREAL



Bran Flakes*



Bite-Size Frosted Shredded Wheat*



O's*



Multi-Grain O's*



Original Instant Oatmeal*

HOT CEREAL

SIGNATURE SELECT

COLD CEREAL



Bran Flakes*



Corn Flakes

HOT CEREAL



Original Instant Oatmeal*

HOT & COLD CEREAL

12 – 36 OZ

GENERAL MILLS

COLD CEREAL



Cheerios*



Multi Grain
Cheerios*



Rice Chex†



Wheat Chex*



Corn Chex†



Honey KiX*



KiX*

BEST CHOICE

COLD CEREAL



Bran Flakes*



Happy O's*



Corn Flakes



Frosted
Shredded
Wheat*



Frosted Shredded
Wheat Bite Size
Maple & Brown
Sugar



Frosted
Shredded
Wheat Bite Size
Strawberry*



Honey Oat
Clusters*



Creamy
Wheat Farina

RALSTON FOODS

COLD CEREAL



Bran
Flakes*



Tasteos*

HOT CEREAL



*WHOLE GRAIN

† GLUTEN FREE

HOT & COLD CEREAL

12 - 36 OZ

*WHOLE GRAIN
‡GLUTEN FREE

OUR FAMILY COLD CEREAL



Toasted Oats*



Corn Flakes

HOT CEREAL



Instant Oatmeal Regular*

MALT-O-MEAL COLD CEREAL



- Crispy Rice
- Frosted Mini Spooners*
- Strawberry Cream Mini Spooners*

HOT CEREAL



Malt-O-Meal Original



Malt-O-Meal Chocolate



Co Co Wheats

ALWAYS SAVE COLD CEREAL



Frosted Shredded Wheat*



Crisp Rice



Corn Flakes



Toasted Oats*

KIGGIN'S COLD CEREAL



Frosted Shredded Wheat*

MAYPO HOT CEREAL



Instant Maple Oatmeal*

NABISCO HOT CEREAL

INSTANT, 1 MIN., 2 1/2 MIN.



Cream of Wheat



Whole Grain Cream of Wheat*

HOT & COLD CEREAL

12 – 36 OZ

KELLOGG'S COLD CEREAL



All-Bran Complete*



Corn Flakes



Rice Krispies



Frosted Mini Wheats*



Frosted Mini Wheats Little Bites*

POST COLD CEREAL



Bran Flakes*



Grape-Nuts Flakes*



Grape-Nuts Original*



Honey Bunches of Oats Honey Roasted*



Honey Bunches of Oats with Vanilla Bunches*

HYVEE COLD CEREAL



Bran Flakes*



Corn Flakes



Crispy Rice



Tasteeos*



*WHOLE GRAIN
‡ GLUTEN FREE

JUICE

JUICE FOR CHILDREN 64 OZ PLASTIC CONTAINER 100% FRUIT JUICE

ALLOWED

OLD ORCHARD

- Acai Pomegranate
- Apple
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Grape
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Pomegranate
- Kiwi Strawberry
- Orange Tangerine
- Peach Mango
- Pineapple
- Red Raspberry
- Strawberry Watermelon
- White Grape
- Wild Cherry

JUICY JUICE

- Apple
- Apple Raspberry
- Berry
- Cherry
- Cranberry Apple
- Fruit Punch
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Passion Dragon Fruit
- Peach Apple
- Strawberry Banana
- Strawberry Watermelon
- Tropical
- White Grape

ANY BRAND

- Grapefruit
- Orange
- With or Without Added Calcium
- Any Pulp Content



NOT ALLOWED

- Artificial Sweeteners
- Beverages that are not 100% fruit juice such as V8 Fusion, V8 Splash, Hawaiian Punch, or Hi-C
- Diet Juices
- Fruit Juice Blends
- Juice Cocktail
- Glass Bottles
- Organic
- Refrigerated Juices
- Any vegetable juice, tomato juice or V8

JUICE FOR WOMEN 11.5-12 OZ 100% FRUIT JUICE - FROZEN CONCENTRATE

ALLOWED

OLD ORCHARD

- Any Flavor



ANY BRAND

- Grapefruit
- Orange
- With or Without Added Calcium
- Any Pulp Content

WELCH'S

- Purple Grape
- White Grape
- White Grape Peach
- White Grape Raspberry



NOT ALLOWED

- Artificial Sweeteners
- Beverages that are not 100% Juice
- Diet Juices
- Fruit Juice Blends
- Juice Cocktail
- Glass Bottles
- Organic
- Any vegetable juice, tomato juice or V8



PROTEIN

BEANS, PEAS, LENTILS CANS 15-16 OZ, DRY 16 OZ BAG ONLY

ALLOWED

Any Brand, Any Single Variety, Regular, Low Sodium, No Sodium

- Black Beans
- Black Eyed Peas
- Cowpeas
- Crowder Peas
- Garbanzo Beans (Chick-Pea)
- Great Northern Beans
- Kidney Beans (Red or White)
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Split or Whole Peas (Dry Only)
- Soy Beans

NOT ALLOWED

- Added Fats, Flavors, Meats, Oils or Sugars
- Added Fruits and/or Vegetables
- Soup Mixes
- Baked Beans or Pork & Beans
- Chili Beans, Green Beans, Yellow Beans, Refried Beans, Wax Beans, Snap Beans
- Organic
- Seasonings or Other Ingredients
- Sweet Peas, Green Peas



PROTEIN

EGGS 6 OR 12 COUNT

ALLOWED

ANY BRAND

- Fresh
- Medium, Large, Extra Large, Jumbo
- White or Brown
- Whole

NOT ALLOWED

- Cage-Free
- Liquid Whole Eggs
- Low Cholesterol Eggs
- Omega-3 Eggs
- Organic
- Specialty Eggs



PEANUT BUTTER 16-18 OZ JAR

ALLOWED

ANY BRAND

- Crunchy or Creamy
- Regular or Reduced Fat
- Salted or Unsalted
- If it includes oil as an ingredient, must be hydrogenated vegetable oil

ALLOWED NATURAL PRODUCTS



CRAZY RICHARD'S

- 100% Peanuts Creamy All-Natural Peanut Butter
- 100% Peanuts Chunky All-Natural Peanut Butter



SMUCKERS NATURAL

- Natural Creamy Peanut Butter
- Natural Chunky Peanut Butter



BEST CHOICE

- Natural Peanut Butter – Creamy



WILD FRIENDS

- Classic Creamy Peanut Butter



OUR FAMILY

- Creamy Natural Peanut Butter No Stir

NOT ALLOWED

- Added Jelly, Honey, or Flavoring
- Marshmallow
- Omega-3
- Organic
- Other Nut Butters
- Squeeze Tubes
- Ingredients including: Palm oil and Peanut oil



FULLY BREASTFEEDING WOMEN & INFANTS

WOMEN CANNED FISH



ALLOWED

CHUNK LIGHT TUNA

PINK SALMON

- 5 oz Cans
- Any Brand
- Packed in Water or Oil

SARDINES

- 3.75 oz Cans
- Any Brand
- Packed in Water or Oil

HELPFUL HINT!

ADD 3 (5 OZ) CANS
+ 4 (3.75 OZ) CANS
= 30 OZ

NOT ALLOWED

- Albacore Tuna
- Chunk White or Solid White Tuna
- Flavored or Seasoned
- Foil Packs or Pouches
- Organic

WIC FOOD PACKAGES SUPPORT BREASTFEEDING

Fully breastfeeding women who DO NOT receive formula from WIC will receive the largest amount and variety of foods.

INFANT MEATS 2.5 OZ JARS ONLY

ALLOWED

- Any Plain Meat
- Broth or Gravy



BEECH NUT



GERBER

NOT ALLOWED

- Added Noodles, Pasta, Rice
- Added Salt, Sugars
- Dinners or Graduates
- Organic or Naturals

INFANT FOODS

INFANT CEREAL 8 OR 16 OZ CONTAINER

ALLOWED

- Dry Infant cereal
- Multi Grain, Oatmeal, Rice, Whole Wheat, Barley



GERBER



BEECH NUT

NOT ALLOWED

- Added DHA, Fruit, Formula, Milk
- Cans, Jars, or Single Serving Packets
- Organic

INFANT VEGETABLES & FRUITS

ALLOWED

- Beech Nut - 4 oz Single Jars - Stage 2 only
- Gerber - 4oz Plastic 2 Packs - 2nd Foods only
- Added DHA/ARA
- Any Variety of Plain Vegetables or Fruits
- Combinations of:
 - Plain Vegetables
 - Plain Fruits
 - Plain Vegetables & Fruits
- Mixed Vegetables or Fruits



BEECH NUT



GERBER 2 PACKS

NOT ALLOWED

- Added Cheese, Meat, Noodles, Pasta, Rice, Infant Cereal
- Added Salt, Starches, Sugars, Sweeteners
- Dinners, Desserts, Cobblers
- Graduates
- Organic

INFANT FORMULA

Only WIC approved formula as printed on your shopping list.

No substitutions or exchanges are allowed at the store.



SOUTH DAKOTA WIC PROGRAM

This institution is an equal opportunity provider.