



WIC Approved FOOD LIST

EFFECTIVE JANUARY 1, 2026

The information in this list is subject to change.
For a complete list of WIC approved foods, please use our WICShopper App.

FRUITS AND VEGETABLES



FRESH AND FROZEN

Okay to Buy:

- Any package size and type
- Plastic containers, bags, boxes and tubs
- Salad and mixed greens (with fruits and vegetables only)
- Whole, cut and sliced
- Organic, bulk and mixed fruits and vegetables
- Fresh herbs and bulb garlic
- Frozen smoothie mixes (with fruit and vegetables only)

Cannot Buy:

- Added dressing, croutons or cheese (such as salad kits)
- Items from deli or salad bar or party trays
- Fruit baskets, decorative fruits or vegetables
- Dried fruit or vegetables
- Nuts (including peanuts, fruit and nut mixtures)
- Added sauce, meat, pasta, rice or noodles
- Added syrup, sweetener, flavoring, sugar, fat or oil
- French fries, hash browns or tater tots with added sugar, fat or oil
- Products with added oats, nuts, seeds or condiments

CANNED

Okay to Buy:

- Any size cans, jars and single serve packages
- Packed in water or natural fruit juice
- Applesauce (unsweetened and cinnamon)
- Organic
- Regular or low sodium
- Pastes, purees, whole, diced and crushed tomatoes
- Salsa (without added sugars, oils, fats, cheese or cream)

Cannot Buy:

- No pouches
- Added sauce, meat, pasta, rice or noodles
- Added syrup, sweetener, flavoring, sugar, fat or oil
- Products packed in syrup (heavy, light, naturally light or extra light)
- Soups and sauces (pizza or spaghetti)
- Pickles, pickled vegetables or creamed vegetables (including corn)
- Sauerkraut
- Jams, jellies or preserves
- Ketchup, relish and olives

HELPFUL TIP

If produce has a PLU sticker, use it instead of the barcode for best results.
Please use the 4-digit PLU number at checkout and in the WICShopper App.



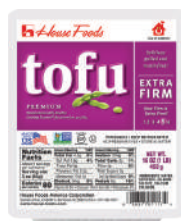
PROTEIN

TOFU

16 oz containers



Azumaya
• Firm



House Foods
• Medium Firm
• Firm
• Extra Firm

Cannot Buy: any other size, container, type, flavor or brand

PROTEIN (CONTINUED)

FISH

2 - 20 oz containers

- Any brand packed in water or oil
- Fish in pouches with added flavoring or sauces
- Light tuna, chunk
- Pink salmon
- Sardines
- Chub mackerel

Cannot Buy: albacore tuna, tuna spreads, smoked salmon or lunch packs with crackers



PEANUT BUTTER

16 - 18 oz jars

- Any brand
- Creamy or crunchy

Cannot Buy: peanut butter spreads, reduced fat peanut butter, peanut butter with added flavors, fortified peanut butter, organic or natural peanut butter



DRIED BEANS AND PEAS

1 lb (16 oz) or 2 lb (32 oz) bag

- Any brand
- Dried Beans
 - Peas
 - Lentils

Cannot Buy: soup mixes



CANNED BEANS

15 - 16 oz can

- Any brand
- Black or Red Beans
 - Black-Eyed, Crowder or Purple Hull Peas
 - Fat-Free Refried Beans
 - Garbanzo Beans (Chick Peas)
 - Great Northern Beans
 - Kidney Beans
 - Lentils
 - Lima or Butter Beans
 - Navy Beans
 - Pinto Beans
 - Split Peas

Cannot Buy: green beans, baked beans, flavored beans, pork and beans or chili beans, soups, beans containing added sugars, fats, meats or oils



CEREAL

COLD CEREAL

9 - 36 oz

* = Whole Grain



General Mills

- Bluey*
- Cheerios*
- Cheerios Hearty Nut Medley*
- Multi Grain Cheerios*
- Cheerios Veggie Blend Blueberry Banana*
- Cheerios Veggie Blends Apple Strawberry*
- Blueberry Chex*
- Cinnamon Chex*
- Corn Chex*
- Rice Chex*
- Strawberry Vanilla Chex*
- Wheat Chex*
- Fiber One Honey Clusters*
- Kix*
- Mott's Apple Cinnamon*
- Mott's Very Berry*
- Total Whole Grain*
- Wheaties*



Grain Berry

- Cinnamon Frosted Shredded Wheat*
- Toasted Oats*



Kellogg's

- All-Bran*
- All-Bran Complete Wheat Flakes*
- Complete Bran*
- Corn Flakes
- Crispix
- Frosted Mini Wheats*
- Frosted Mini Wheats Blueberry Muffin*
- Frosted Mini Wheats Cinnamon Roll*
- Frosted Mini Wheats Cocoa*
- Frosted Mini Wheats Honey*
- Frosted Mini Wheats Little Bites*
- Frosted Mini Wheats Pumpkin Pie Spice*
- Frosted Mini Wheats Strawberry*
- Raisin Bran*
- Rice Krispies
- Special K Original
- Special K Cinnamon & Pecan*
- Special K Protein Original Multi Grain Touch of Cinnamon*



Malt-O-Meal

- Frosted Mini Spooners*
- Frosted Mini Spooners Strawberry*
- Raisin Bran*



Post

- Bran Flakes*
- Grape Nuts*
- Grape Nuts Flakes*
- Great Grains Banana Nut Crunch*
- Great Grains Cranberry Almond Crunch*
- Great Grains Crunchy Pecan*
- Great Grains Raisins Dates & Pecans*
- Great Grains Red Berry Almond Crunch*
- Honey Bunches of Oats with Almonds
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats Maple and Pecan
- Honey Bunches of Oats with Strawberries
- Honey Bunches of Oats Vanilla
- Raisin Bran*



Quaker

- Life*
- Mighty Life Strawberry Blueberry Bliss*
- Mighty Life Very Vanilla*
- Oatmeal Squares Brown Sugar*
- Oatmeal Squares Honey Nut*

Store Brands



Best Choice

- Bran Flakes*
- Corn Crisps
- Corn Flakes
- Crisp Rice
- Frosted Shredded Wheat Bite Size*
- Frosted Shredded Wheat Bite Size Maple & Brown Sugar*
- Frosted Shredded Wheat Bite Size Strawberry*
- Happy O's*
- Honey Oat Clusters
- Honey Oat Clusters with Almonds
- Rice Crisps



Food Club

- Bite Size Frosted Shredded Wheat*
- Bran Flakes*
- Corn Flakes
- Corn Squares
- Crisp Rice
- Honey & Oats with Almonds
- Rice Squares
- Toasted Oats*

Store Brand Cereals (Continued)

* = Whole Grains



Great Value

- Almond Crunchy Honey Oats
- Bran Flakes*
- Corn Flakes
- Corn Squares
- Frosted Bite Size Shredded Wheat*
- Rice Crisps
- Rice Squares
- Toasted O's*



Hy-Vee

- Bran Flakes*
- Corn Flakes
- Crispy Rice
- Frosted Bite Size Shredded Wheat Maple & Brown Sugar*
- Frosted Bite Size Shredded Wheat Strawberry*
- Toasted Corn



Kiggins

- Corn Flakes



Kroger

- Bran Flakes*
- Corn Flakes
- Honey N' Oats
- Rice Bitz
- Strawberry Frosted Shredded Wheat Bite Size*
- Toasted Oats*



Market Pantry

- Toasted Rice



Our Family

- Corn Flakes
- Crispy Rice
- Oats & More with Almonds
- Toasted Oats*

Cannot Buy: any cereal or brand not listed or organic cereal

HOT CEREAL

9 - 36 oz

* = Whole Grains



B&G Foods, Inc.

B&G Foods

- Cream of Rice Instant
- Cream of Wheat 1 Minute
- Cream of Wheat 2½ Minute
- Cream of Wheat Instant
- Cream of Wheat Whole Grain*



Malt-O-Meal

- Chocolate Hot Wheat
- Original Hot Wheat



Quaker

- Instant Grits
- Instant Oatmeal*

Store Brands



Best Choice

- Instant Oatmeal*



Food Club

- Instant Oatmeal*



Great Value

- Instant Oatmeal*



Hy-Vee

- Instant Oatmeal*

Cannot Buy: any cereal or brand not listed or organic cereal

WHOLE GRAINS

ROLLED OATS

8 - 32 oz



Good & Gather
Old Fashioned Oats
Quick Oats
Steel Cut Oats



Great Value
Old Fashioned Oats



Hy-Vee
Old Fashioned Oats
Quick Oats



Mom's Best
Old Fashioned Oats
Quick Oats



Quaker
Gluten Free 1 Minute Oats
Old Fashioned Oats
Quick 1 Minute Oats
Steel Cut Oats

Cannot Buy: organic, instant or individual packets, bulk, added sugar, fat, oil, salt or flavoring

WHOLE GRAINS (CONTINUED)

Is oatmeal a *cereal* or *whole grain*?

It's both! When shopping with WIC, remember:

- Use your **cereal** benefits to buy **instant oatmeal in single-serving packets**.
- Use your **whole grain** benefits to buy **other types of oats** (box, bag or tub).



Do not buy:

- Organic
- Oats with added:
 - Sugar
 - Salt
 - Fat
 - Flavoring
 - Oil



Ok to buy:

- Quick
- Rolled
- Old fashioned
- Steel cut



SOFT CORN (YELLOW OR WHITE) OR WHOLE WHEAT TORTILLAS

8-32 oz packages



Best Choice



Chi-Chi's



Don Pancho



Food Club



Guerrero



Hy-Vee



Kroger



La Banderita



La Burritita



Mama Lupe's



Market Pantry



Mi Casa



Mission



Ortega



Santa Fe



Tio Santi

Cannot Buy: any other brand or size

WHOLE WHEAT OR WHOLE GRAIN PASTA

16 oz only



Barilla



Food Club



Hodgson Mill



Kroger



Our Family



Racconto



Ronzoni

Cannot Buy: any other brand, organics or products that have added sugars, fats, oils or salt

BROWN RICE

Any brand

16 or 32 oz containers

- Regular
- Quick

14 oz containers

- Instant

Cannot Buy: products with added sugar, salt, flavoring, fat or oil



WHOLE WHEAT OR WHOLE GRAIN BREAD

12, 16, 20 or 24 oz packages

100% WHOLE WHEAT BREAD



Best Choice

- 100% Whole Wheat Bread



Brownberry

- 100% Whole Wheat Bread
- 100% Whole Wheat Small Slice Bread



Bunny

- 100% Whole Wheat Bread



Frontier

- 100% Whole Wheat Bread



Great Value

- 100% Whole Wheat Bread
- 100% Whole Wheat and Honey Bread



Hy-Vee

- 100% Whole Wheat Bread



Kroger

- 100% Whole Wheat Bread



Lewis Bake Shop

- Whole Wheat Bread



Market Pantry

- 100% Whole Wheat Bread



Nature's Own

- 100% Whole Wheat Bread
- 100% Whole Wheat Sugar Free Bread



Oroweat

- 100% Whole Wheat Bread
- Whole Wheat 12 Grains and Seeds Bread
- Whole Wheat Oatnut Bread



Our Family

- 100% Whole Wheat Bread



Ozark Hearth

- 100% Whole Wheat Bread



Pepperidge Farm

- Light Style Soft Wheat Bread
- Very Thin 100% Whole Wheat Bread
- 100% Whole Wheat Bread
- Swirl 100% Whole Wheat Cinnamon with Raisins Bread



Price Chopper

- 100% Whole Wheat Bread



Private Selection

- 100% Whole Wheat Bread
- Sugar Free 100% Whole Wheat Bread



Sara Lee

- 100% Whole Wheat Bread



That's Smart

- Whole Wheat Bread

100% WHOLE GRAIN BREAD



Pepperidge Farm

- Farmhouse Whole Grain White Bread
- Whole Grain 15 Grain Bread
- Whole Grain Honey Wheat Bread
- Whole Grain Oatmeal Bread
- Whole Grain Thin Sliced 15 Grain Bread

100% WHOLE WHEAT BUNS



Brownberry

- 100% Whole Wheat Hamburger Buns



Kroger

- 100% Whole Wheat Hamburger Buns



Nature's Own

- 100% Whole Wheat Hamburger Buns

100% WHOLE WHEAT THINS



Brownberry

- 100% Whole Wheat Sandwich Thins



Oroweat

- 100% Whole Wheat Sandwich Thins

Cannot Buy: products with added sugar, salt, flavoring, fat or oil

CORN MASA AND CORN MEAL

Corn Masa

2 or 4 lbs packages

Maseca

Masa Brosa

2 lb Bags



Instant Yellow Corn Masa



Instant Blue Corn Masa



Instant Blue Corn Masa

4 lb Bags



Instant Corn Masa



Nixtamasa Corn Masa



Tamal Instant Corn Masa



Instant Corn Masa



Instant Corn Masa for Tamales

Corn Meal

24 oz packages



Bob's Red Mill
• Medium Grind



EGGS

One dozen

Any brand



Choice of:

- Small, medium, large, extra large or jumbo
- Grade A and AA white and brown eggs
- Free range or cage free
- Specialty eggs (including pasteurized or fortified/enriched with vitamin E, DHA or omega 3)

Cannot Buy: organic, any other sizes

DAIRY

CHEESE

8 oz or 16 oz packages



Blocks:

- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Swiss

Sliced:

- Pasteurized Processed American sliced, but **NOT individually wrapped** (store brand only)

Cannot Buy: imported cheese, cheese food, product or spread, shredded cheese, sliced cheese (except American), cheese with added flavors, individually wrapped slices or organic








YOGURT

32 oz containers

Whole Milk Yogurt (Children 1 Year Old)

 Dannon <ul style="list-style-type: none"> • Plain • Strawberry • Vanilla 	 Kroger <ul style="list-style-type: none"> • Plain • Vanilla 	 Mountain High <ul style="list-style-type: none"> • Plain • Strawberry • Vanilla
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Lowfat and Nonfat Yogurt (Children 2-5 Years Old and Women)

 Best Choice <ul style="list-style-type: none"> • Plain • Strawberry • Vanilla 	 Coburn Farms <ul style="list-style-type: none"> • Plain • Vanilla 	 Dannon <ul style="list-style-type: none"> • Plain • Strawberry • Vanilla 	 Dannon Light + Fit <ul style="list-style-type: none"> • Strawberry • Vanilla 	 Food Club <ul style="list-style-type: none"> • Plain • Vanilla 	 Great Value <ul style="list-style-type: none"> • Peach • Plain • Strawberry • Vanilla 	 Hiland <ul style="list-style-type: none"> • Peach • Plain • Strawberry • Vanilla
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 Hy-Vee <ul style="list-style-type: none"> • Blueberry • Peach • Plain • Strawberry • Strawberry Banana • Vanilla 	 Kroger <ul style="list-style-type: none"> • Plain • Strawberry • Vanilla 	 Lala <ul style="list-style-type: none"> • Mango • Mixed Berry • Peach • Pina Colada • Plain • Strawberry • Strawberry Banana • Vanilla 	 Market Pantry <ul style="list-style-type: none"> • Plain • Vanilla 	 Mountain High <ul style="list-style-type: none"> • Plain • Vanilla 	 Our Family <ul style="list-style-type: none"> • Blueberry • Peach • Plain • Strawberry • Vanilla 	 Yoplait <ul style="list-style-type: none"> • Blueberry • Harvest Peach • Plain • Strawberry • Strawberry Banana • Vanilla
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Cannot Buy: any other size, brand, flavor; products with mix-in ingredients such as granola, candy pieces, honey, nuts or similar ingredients; Greek, organic or drinkable

MILK

Product type and size as listed on the current benefits.

Fluid Milk









- Lowfat (1/2%, 1%) or Fat Free (skim)
- Reduced Fat (2%)
- Whole Milk

Specialty Milk

- Evaporated (12 oz)
- Lactose Free (quart or half-gallon)
- Nonfat Dry

Lactose-free Milk

Brands/flavors include:

 Food Club <ul style="list-style-type: none"> • 2% • Fat-free • Whole 	 Good & Gather <ul style="list-style-type: none"> • 1% low-fat • 2% reduced fat • Vitamin D 	 Great Value <ul style="list-style-type: none"> • 2% reduced fat • Fat-free • Whole 	 Hiland <ul style="list-style-type: none"> • 1% low-fat • 2% reduced fat • Vitamin D 	 Hy-Vee <ul style="list-style-type: none"> • 1% low-fat • 2% reduced fat • Fat-free • Whole 	 Kroger <ul style="list-style-type: none"> • 1% low-fat • 2% reduced fat • Fat-free • Vitamin D 	 Lactaid <ul style="list-style-type: none"> • 1% low-fat • 2% reduced fat • Fat-free • Whole 	 Plains Dairy <ul style="list-style-type: none"> • 2% reduced fat • Whole
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Cannot Buy: buttermilk, flavored milk, goat's milk, raw unpasteurized milk, non-dairy milk substitutes, rice milk, almond milk, coconut milk, organic milk, milk in glass containers

DAIRY (CONTINUED)

SOY BEVERAGE

Half gallon (64 oz) or quart (32 oz)

Brands/flavors include:



8th Continent
• Original
• Vanilla



Bettergoods
• Original



Silk
• Aseptic Original
• Original
• Vanilla



West Life
• Organic Plus Plain
• Organic Plus Vanilla

Cannot Buy: any other size, container, type, flavor or brand

100% JUICE

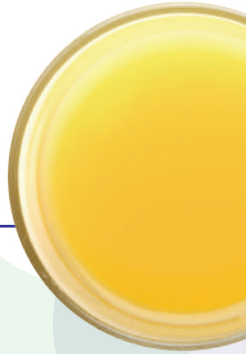
100% Fruit Juice Only

Only the container size as listed on the current benefits.

ORANGE JUICE

Any brand

- Ready to drink (shelf stable or refrigerated) 64 oz
- With or without calcium



READY TO DRINK JUICE

64 oz only



Always Save
• Apple
• Grape



Best Choice
• Apple
• Apple Cider
• Cherry
• Cranberry
• Grape
• Pineapple
• Punch
• Tomato
• Vegetable
• White Grape
• White Grapefruit



Campbell's
• Tomato
• Tomato - Low Sodium



Food Club
• Apple
• Apple (from concentrate)
• Grape
• Tomato
• White Grape



Great Value
• Apple
• Cranberry
• Cranberry Grape
• Cranberry Pomegranate
• Grape
• Mango Peach
• Pear
• Pineapple
• Prune
• Tomato
• White Grape
• White Grape Peach



Hy-Vee
• Apple
• Apple - Premium
• Concord Grape
• Cranberry
• Cranberry Apple
• Just Juice Apple
• Just Juice Cherry
• Just Juice Grape
• Just Juice Fruit Punch
• Pineapple
• Tomato
• White Grape



Juicy Juice
• Any flavor (100% Juice)



Kroger
• Apple
• Grape
• Pineapple
• Pineapple Mango
• Prune
• White Grape



Langers
• Apple
• Apple Berry Cherry
• Apple Orange Pineapple
• Apple Peach Mango
• Concord Grape
• Cranberry
• Pineapple



Market Pantry
• Apple
• Cranberry
• Grape
• Pineapple
• Tomato
• White Grape



Mott's
• Apple
• Apple Cherry
• Apple Mango
• Apple White Grape
• Pineapple Passion Fruit
• Strawberry Kiwi



Musselman's
• Apple
• Premium Apple



Northland
• Blueberry Blackberry Acai
• Cranberry
• Cranberry Pomegranate



Old Orchard
• Any flavor with 100% juice on the label
• Tart cherry flavor not included



Our Family
• Apple (from concentrate)
• Apple (not from concentrate)
• Fresh Pressed Apple Cider
• Grape
• White Grape



Signature Select
• Apple
• Cranberry
• Grape
• Pineapple
• White Grape



Smart Way
• Apple



Tipton Grove
• Apple
• Grape



Tree Top
• Apple
• Apple Grape



V8
• Vegetable
• Vegetable - Low Sodium
• Vegetable Spicy Hot

Cannot Buy: juice that has added sugar or DHA, infant juice, organic, refrigerated (except orange), juice cocktails, drinks or ades

INFANT PRODUCTS

INFANT FORMULA

Brand, type and size as listed on the current benefits. No substitutions.



INFANT CEREAL

8 or 16 oz containers

Includes oatmeal, rice and multigrain.

Brands include:



Gerber



Cannot Buy: cereal with added fruit, formula, DHA/ARA or organic

INFANT FRUITS AND VEGETABLES

4 oz containers and multi-packs of two 4 oz containers to total 8 oz

Includes single or mixed fruits and/or vegetables.

Brands include:



Beech-Nut
Naturals



Gerber



Good & Gather



Parent's Choice



Tippy Toes

Cannot Buy: desserts, dinners, cobblers, delights, organic, foods with added sugar, starch, salt or DHA/ARA

INFANT MEATS

2.5 oz containers

Includes single meats with broth or gravy.

Brands include:



Beech-Nut



Gerber

Available to exclusively
breastfed babies only.

www.kansaswic.org

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