

# WIC Shopping Guide

WIC Staff Desktop Resource



## GRAINS

- 100% whole wheat bread, buns, bagels, English muffins, pasta, bulgur, brown rice, corn masa flour, tortillas, and oatmeal
- Issued in units of ounces (oz)
- Buy a combination of allowed whole wheat bread & whole grain options
  - Bread 12, 16, 18, 20, and 24 oz
  - English Muffins 12 oz
  - Bagels 16, 18, and 20 oz
  - Bulgur 16 oz or larger
  - Brown rice 14 oz or larger
  - Corn masa flour 22oz or larger
  - Tortillas 16oz
  - Oatmeal 16 or 18oz

## CEREAL

- Issued in units of ounces (oz)
- Buy a combination of cereals in 12oz boxes/bags or larger

## BEANS, PEAS, LENTILS, AND PEANUT BUTTER

- Peanut butter and beans issued in units of containers (CTR)
- The number of CTR determines the combinations that can be purchased.
- For each CTR on the Family Shopping List, choose from the following options:
  - 1 (16 to 18 oz) jar of peanut butter
  - 4 (15 to 16 oz) cans of beans
  - 1 (1 pound) bag of dry beans

## CANNED FISH

- Issued in units of ounces (oz)
- Flavored tuna and sardines are allowed
- Buy a combination of canned tuna, salmon, or sardines in 2.5 oz or larger cans or pouches
  - Majority of sizes are 2.5, 2.6, 3.75, and 5oz

## COW'S MILK, LACTOSE-FREE MILK, SOY MILK

- Issued in units of gallons and half gallons (GAL/HGL)
- Purchase the fat content of milk (whole or skim/1%) that is listed on the Family Shopping List
- Buy gallon sized containers whenever possible, but half gallons are allowed
- Lactose Free is available in 64oz and 96oz containers
  - Purchasing 96oz containers will not allow the full nutrition benefit to be obtained