



TENNESSEE WIC SHOPPING GUIDE

EFFECTIVE JANUARY 1, 2023



www.tn.gov/health

TN WIC CARD
GOES HERE



TABLE OF CONTENTS

4-5	WIC SALES STEPS & TIPS
6-7	FRUITS & VEGETABLES
8-15	WHOLE GRAINS
16-23	BREAKFAST CEREAL
24	MILK
25	SOY BEVERAGES
26-27	CHEESE
28-31	YOGURT
32	TOFU & EGGS
33	CANNED FISH
34	PEANUT BUTTER & CANNED BEANS
35	DRIED BEANS/PEAS
36-39	JUICE FOR WOMEN
40-45	JUICE FOR CHILDREN
46-49	INFANT FOOD
50-51	IMPORTANT INFORMATION



This Shopping Guide is subject to change without notice based on additions or other changes to products.

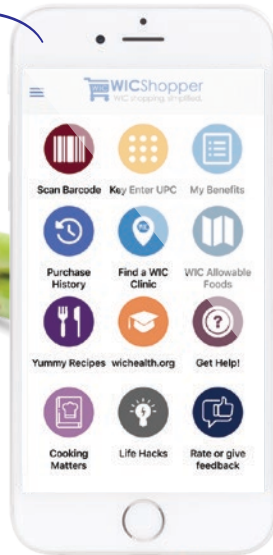
WIC SALES STEPS

1. Before shopping, check your TN WIC balance with one of the following tips:

- Check the WICShopper App.
- Go online! Create your account at www.WICConnect.com with the “Cardholders” feature.
- Call the number on the back of your card. They will read your balance to you.
- Ask the store to print a copy of your balance. You will need to swipe your card to do this.
- 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.



- Select your correct WIC-approved items.
 - Double check food type and package size matches your benefits.
 - 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.
- 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.
 - To pay, always swipe your WIC card first!
 - Enter your PIN.
 - A redemption receipt will print. You may review it to check that all your WIC items will be paid for by WIC.
 - When you are satisfied with the redemption receipt, choose “confirm” on the keypad.
 - Pay for any remaining balance with SNAP or other form of payment.

Simplify your shopping! Download the WICShopper App.

- Install “WICShopper” from your app store.
- Select Tennessee as your WIC Agency.
- Register using the 16-digit number from your TN WIC card.
- Scan products using the app to verify WIC-eligibility as you shop!
- View your remaining balance, food list, recipes, and more.



Scan here with your phone to download.

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



16 OZ PACKAGE OF SANDWICH BUNS

-or-



16 OZ LOAF OF BREAD

-or-



16 OZ TORTILLAS

-or-



16 OZ BROWN RICE

-or-

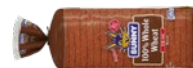


16 OZ WHOLE WHEAT PASTA



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

100% WHOLE WHEAT STORE BRAND/PRIVATE LABEL



BEST CHOICE



FIT & ACTIVE



FOOD LION



KERN'S
(Food City)



KROGER



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





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



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



ALLEGRA

- Spaghetti



AMERICA'S CHOICE

- Spaghetti



BARILLA

- Elbows
- Linguine
- Medium Shells
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti



FOOD CLUB

- Penne Rigate
- Spaghetti



GIA RUSSA

- Angel Hair
- Linguine
- Penne Rigate
- Roman Rigatoni
- Rotini
- Spaghetti



GREAT VALUE

- Elbow Macaroni
- Linguine
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti



HODGSON MILL

- Angel Hair
- Elbow
- Spaghetti
- Thin Spaghetti
- Spirals



KROGER

- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



LAURA LYNN

- Penne
- Rotini
- Spaghetti



RONZONI HEALTHY HARVEST

- Linguine
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti

NOT ALLOWED:

- Added sugar, fats, oils or salt (e.g., sodium)

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*

*Indicates Whole Grain



KELLOGG'S



All-Bran Complete Wheat Flakes



Corn Flakes



Crispix



Frosted Blueberry



Frosted Little Bites*



Frosted Original*



Unfrosted Bite Size*



Rice Krispies

MALTO-MEAL



Special K (Original, Protein and Gluten Free)



Corn Flakes



Crispy Rice



Blueberry Mini-Spooners*



Frosted Mini-Spooners*



Strawberry Cream Mini-Spooners*



COLD CEREAL

POST



Banana Nut Crunch*



Grape Nuts The Original*



Grape Nuts Flakes*



Bran Flakes*



Honey Bunches of Oats Almonds



Honey Bunches of Oats Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Whole Grain Almond Crunch*



Honey Bunches of Oats Whole Grain Honey Crunch



Honey Bunches of Oats Whole Grain Vanilla Bunches*

QUAKER



Life - Original*



Oatmeal Squares Brown Sugar*



Oatmeal Squares Cinnamon



Oatmeal Squares Golden Maple



Oatmeal Squares Honey Nut

STORE BRAND/PRIVATE LABEL

Eligible varieties include Corn Flakes, Crispy Rice, Toasted Oats, Frosted Shredded Wheat, Bran Flakes, Honey Oat Clusters, Honey Oat Clusters with Almonds.



ALWAYS SAVE



BEST CHOICE



BETTER VALU



ESSENTIAL EVERYDAY



FOOD CLUB



FOOD LION



GREAT VALUE



HOSPITALITY



HY-TOP



IGA



KIGGINS
(Save-A-Lot)



KROGER



LAURA LYNN
(Ingles)



MADAME GOUGOUSSE



MARKET PANTRY
(Target)



MICHEL



MY ESSENTIALS



PARADE



PIGGLY WIGGLY



PUBLIX



RALSTON FOODS



SHURFINE



SIMPLY NATURE



THAT'S SMART



VALU TIME



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)



Whole Grain
1 Minute*



Whole Grain
2½ Minute*

CREAM OF RICE



Original



Instant

MALT-O-MEAL



Original



Chocolate



CoCo
Wheats

QUAKER



Original*



Original



Butter



Quick
5-Minute

*Indicates Whole Grain





STORE BRAND/PRIVATE LABEL

Best Choice.

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)

*Indicates Whole Grain



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*



PARADE

- Regular Flavor Instant Oatmeal*



PIGGLY WIGGLY

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



PUBLIX

- Original Instant Oatmeal*



RALSTON FOODS

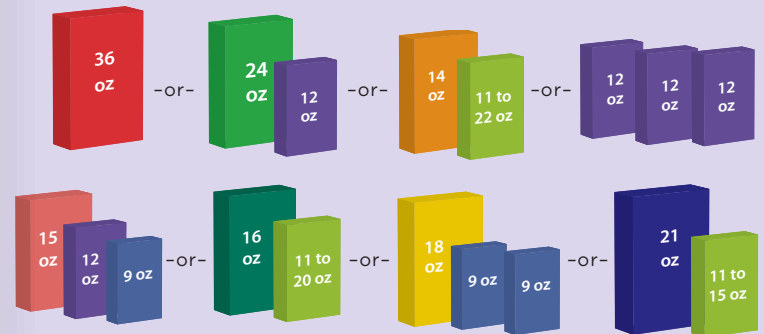
- Creamy Wheat Farina
- Regular Instant Oatmeal*



SHURFINE

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

WAYS TO BUY CEREAL



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

Chobani

- Lowfat Greek Plain
- Non-fat Greek Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Peach
- Plain
- Strawberry
- Strawberry Banana

DANNON

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

GoGURT

- Any flavor



- Lowfat Plain

OIKOS

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



- Fat Free Greek



- Lowfat Plain



- Any flavor

NOT ALLOWED:

- Artificial sweeteners
- Mix-in items (candy, granola or nuts)
- Drinkable yogurt

WAYS TO BUY YOGURT



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

- (Ingles)*
- 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

WHOLE FAT

Chobani

- Plain



- Plain Natural
- Whole Milk Strawberry
- Whole Milk Vanilla

OIKOS

- Plain

STORE BRAND/PRIVATE LABEL



FOOD CLUB

- Whole Milk Greek Honey Vanilla
- Whole Milk Greek Vanilla



FOOD LION

- Whole Milk Greek Plain



GREAT VALUE

- (Walmart)*
- Whole Milk Greek



KAROUN DAIRIES

- Plain



KROGER

- Plain
- Vanilla
- Whole Milk Greek Plain
- Whole Milk Greek Vanilla



TAZAH

- 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



TOFU

As listed on benefit statement

SIZE: 16 oz packages

ALLOWED:

- Organic



AZUMAYA

- Extra Firm
- Firm
- Silken



FRANKLIN FARMS

- Extra Firm
- Firm
- Medium Firm
- Soft

GreenWise

GREENWISE

- Silken



NASOYA

- Silken
- Super Firm



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



SIX 5 OZ CANS

- or -



TWO 15 OZ CANS



EIGHT 3.75 OZ CANS

- or -



TWO 14.75 OZ CANS

- or -



ONE 15 OZ CAN AND THREE 5 OZ CANS

PEANUT BUTTER



Peanut butter is not provided nor recommended for children under 1 year of age.

SIZE: 16 - 18 oz jar in glass or plastic

ALLOWED:

- Creamy (*smooth*) or chunky (*crunchy*)
- Refrigerated or non-refrigerated
- Salted or unsalted
- Added vitamins

NOT ALLOWED:

- Reduced fat
- Peanut butter spreads
- Added marshmallows, honey, jelly, chocolate or similar ingredients
- Store ground
- Organic

CANNED BEANS

SIZE: 15 - 16 oz can

BRANDS: Any brand and variety of plain beans including black-eyed peas, crowder peas, garbanzo (chick peas) and purple hull peas.

ALLOWED:

- Added sugar
- Reduced sodium

NOT ALLOWED:

- Corn Syrup
- Green peas
- Green beans
- Lima beans
- Snap beans
- Yellow beans
- Wax beans
- Added meat, sauces, vegetables or fruits
- Soups
- Organic

DRIED BEANS/PEAS



SIZE: 16 oz bag

ALLOWED:

- Plain dry beans, peas or lentils

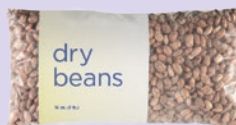
Varieties include, but are not limited to:

- Black beans
- Black-eyed peas
- Fava and mung beans
- Garbanzo beans (*chickpeas*)
- Great Northern beans
- Kidney beans
- Mature lima beans (*butter beans*)
- Pinto beans
- Soy beans/edamame
- Split peas and lentils
- White beans (*navy and pea beans*)

NOT ALLOWED:

- Seasoning packets
- Organic

WAYS TO BUY BEANS



ONE 16 OZ BAG OF DRIED BEANS

=



FOUR 15-16 OZ CANS OF CANNED BEANS

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
Grape



FOOD LION
Apple



FREEDOM'S CHOICE
Apple



GREAT VALUE
Apple
Grape



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



48 OZ PLASTIC BOTTLE



ANY BRAND
Orange



ANY BRAND
White Grapefruit
Ruby Red
Grapefruit
Pink Grapefruit



CUTIES
Tangerine
Tangerine Orange
Pineapple



HARVEST CLASSIC
Apple



JUICY JUICE
All flavors



LUCKY LEAF
Apple



MARKET PANTRY
Grape



NORTHLAND
Cranberry



PARADE
Apple
Grape
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Vegetable
White Grape



PIGGLY WIGGLY
Apple



RUBY KIST
Grape
Pineapple



SENECA
Apple



SHURFINE
Apple
Grape



WELCH'S
Grape (also 96 oz)
White Grape

96 OZ PLASTIC BOTTLE **APPLE & GRAPE**

Best Choice
Food Lion
Great Value
Old Orchard



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



FOOD LION

Apple
Berry Blend
Cherry
Fruit Punch
Grape
Grapefruit
Tomato
White Grape
White Grape Peach



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
White 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

**LAURA LYNN**

8 Vegetable
 Apple
 Apple with Calcium
 Cranberry
 Grape
 Low Sodium 8 Vegetable
 Low Sodium Tomato
 Tomato
 White Grape
 White Grape Peach

**LIBBY'S**

Pineapple

**LUCKY LEAF**

Apple

**MARKET PANTRY**

Apple *(also 128 oz)*
 Grape
 Tomato
 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

**NORTHLAND**

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

**OCEAN SPRAY**

Cranberry
 Cranberry
 Blackberry
 Cranberry Cherry
 Cranberry Concord
 Grape
 Cranberry Mango
 Cranberry
 Pineapple
 Cranberry
 Pomegranate
 Cranberry
 Raspberry
 Grapefruit



**OLD ORCHARD**

Acai Pomegranate
 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
 Pomegranate
 Grape
 Kiwi Strawberry
 Peach Mango
 Red Raspberry
 Strawberry
 Watermelon
 White Grape
 Wild Cherry

**PARADE**

Apple
 Grape
 Orange Mango
 Orange Pineapple
 Pineapple
 Pineapple Mango
 Vegetable
 White Grape

**PIGGLY WIGGLY**

Apple (*also 128 oz*)
 Grape
 White Grape

**PUBLIX**

Apple (*also 128 oz*)
 Grape
 Premium Apple
 Premium Unfiltered
 Apple

**SAM'S CHOICE**

Apple

**SENECA**

Apple

**SHURFINE**

Apple (*also 128 oz*)
 Cranberry Apple
 Cranberry
 Grape
 Tomato
 Vegetable
 White Grape

**THAT'S SMART**

Grape

**TIPTON GROVE**

Apple
 Cranberry
 Grape

**TREE TOP**

Apple
 Apple Berry
 Apple Cranberry
 Apple Grape
 Pineapple Orange

**V8 100% VEGETABLE JUICE**

Original
 Low Sodium
 Spicy Hot

**VALU TIME**

Grape

**WELCH'S**

Antioxidant
 Tropical Trio
 Grape
 White Grape
 Red Grape
 Super Oxidant
 Super Berry
 White Grape

**WHITE HOUSE**

Apple (*also 128 oz*)
 Natural Apple
 Premium Apple (*128 oz only*)



INFANT FOOD

INFANT CEREAL

SIZE: 8 or 16 oz container

ALLOWED:

- Regular or whole wheat/whole grain
- Organic



BEECH-NUT



GERBER



HOME 360



KROGER



PARENT'S CHOICE



TIPPY TOES

NOT ALLOWED:

- Added ingredients such as infant formula, milk, fruit or other non-cereal ingredients
- With DHA/ARA

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!

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.



INFANT VEGETABLES

SIZE: 4 oz glass jars or plastic containers

ALLOWED:

- 1st and 2nd Stage (4 oz)
- Single or mixed ingredients
- Organic



BEECH-NUT



GERBER
(twin packs)



TIPPY TOES

INFANT FRUITS

SIZE: 4 oz glass jars or plastic containers

ALLOWED:

- 1st and 2nd Stage (4 oz)
- Single or mixed ingredients
- Organic



BEECH-NUT



GERBER
(twin packs)



TIPPY TOES

NOT ALLOWED FOR VEGETABLES OR FRUITS:

- With added sugars, starches or sodium
- With added cereal
- Any desserts (like fruit cobbler)
- With DHA/ARA

INFANT MEATS FOR FULLY BREASTFED INFANTS

SIZE: 2.5 oz jars

ALLOWED:

- Single ingredient of meat or poultry with added broth or gravy
- Organic



BEECH-NUT
1st stage



GERBER
2nd stage



TIPPY TOES
2nd stage

NOT ALLOWED:

- With added sugars or sodium
- Any combinations (like meat and vegetables)
- Any infant dinners (like spaghetti and meatballs)
- With DHA/ARA

HOW MANY JARS IS THAT?

OUNCES	4 OZ JAR	4 OZ TWIN PACK
128	32	16
96	24	12
64	16	8
32	8	4





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** 🚫 **craigslist**
- 🚫 **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:



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