

Additions to Virginia WIC Program's Allowable Food List*

(March 1, 2011)

Frozen Fruits:

- Any brand and container type
- Any container size except single servings
- Water or juice pack

Choose containers that say:

- "In its own juice"
- "Naturally sweet"
- "100% pure fruit and juice", "100% natural"
- "No sugar added", "unsweetened"

NOT ALLOWED:

Added salt, fat, oil, added syrup or sugar, artificial sweetener, cocktail cherries, cranberry sauce, fruit cocktail, pie filling, single serving packages

Frozen Vegetables:

- Any brand or variety (including plain frozen beans/peas/legumes) with no added sugars
- Any container size or type
- Regular or low sodium
- Vegetable mixtures without potatoes

NOT ALLOWED:

Added sugars, fats, oils, or meats combinations with white potatoes, rice, or pasta, cream, cheese, or butter sauces, white potatoes, pickles, ketchup, relish, olives, seasonings, soups

*See VA WIC Program Approved Food List effective October 1, 2009 for other allowable foods.

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Whole Grain Products:

- 16 ounce (1 pound only)

Brown Rice:

- No changes - any brand

Whole Wheat Bread: (Selective brands Only)

- Bimbo Bakeries
- Bloom
- Food Lion
- Giant
- Kerns
- Kroger
- Nature's Own
- Nature's Own Sugar Free
- Hannaford
- Pepperidge Farm Stone Ground
- Pepperidge Farm Very Thin Sliced
- Roman Meal
- Schmidt's Old Tyme
- Sara Lee Classic 100% Whole Wheat
- Wonder Soft 100% Whole Wheat

Corn Tortillas: (Selective brands Only)

- Best Choice
- Carlita
- Don Pancho
- Food Club
- La Burrita
- La Banderita

Wheat Tortillas: (Selective brands Only)

- Food Club Whole Wheat
- Mi Casa
- Pepitos

Soy Milk: (Original or vanilla only. Container size as specified on the food instrument)

- 8th Continent Soy (Refrigerated)
- Pacific Natural Foods Ultra Soy (Shelf-stable)

NOT ALLOWED:

Any other brands not listed on the printed food instruments, fat free, chocolate flavored, smaller container size than what is listed on the food instrument.