This booklet includes a detailed list of WIC approved foods, your WIC ID, and food buying guide. If you have questions or need to change your appointment call:

Your local WIC office is:
Participants do not need to purchase everything listed on WIC checks. No substitutions or exchanges are allowed. Other WIC foods are allowed if printed on the check.
How to Use Your WIC Check

1. Shop only at CT WIC approved stores that are on the list that was given by the Local WIC Office. This list is also on our website at: www.ct.gov/dph/wic

2. Check the dates on your WIC checks! WIC checks cannot be used before the “first day to use” or after the “last day to use”.

3. Buy only WIC approved foods. See your WIC Approved Food List for the items, brands and sizes that are allowed. No other items are permitted.

4. Keep your WIC food separate from other items. Separate your items by check if using more than one WIC check.

5. Tell the cashier you have WIC checks and give the cashier your participant ID booklet.

6. Using black ink, you or the cashier must fill in the actual amount of the sale on the check. For fruit and vegetable checks, write the maximum value of the check if the sale exceeds the specified amount. This must be done at the time of purchase.

7. Using black ink, sign and date the check AFTER the amount of sale has been filled in.

8. For fruit and vegetable WIC checks only, you can pay for any extra amount owed. No change is returned from fruit and vegetable checks that are under the maximum value of the check.

9. Be sure to leave the store with your participant ID and all unused checks. Do not leave unredeemed checks or pre-signed checks at the store.

10. To contact the State WIC office by telephone dial (800) 741-2142 or email at ctwic@ct.gov.
Shopping Tips

• When specified, you must buy the least expensive brand at the time of the purchase, which is usually the store or generic brand. All WIC approved foods are high quality regardless of the brand.

• You can “buy one, get some free” if the store coupon/card allows it.

• Buy items in the largest sizes possible to get the most that you’re allowed on WIC checks.

• Bread and tortillas can be found in the bread aisle, in front of the deli, or in the ethnic food aisle.

• Tofu can be found in a refrigerated case in the produce section.

• Choosing only WIC approved foods on this list and in the right amounts will shorten your time at the register.

• Always bring this CT WIC Booklet with you when you shop.

Weights:
ounces = oz.
16 ounces = 1 pound (lb.) or (#)
Reminders

• Keep your WIC checks in a safe place and treat them the same as cash. If they are lost or stolen, they cannot be replaced. Report lost or stolen checks to your local WIC office.

• Your alternate or your caretaker can shop for you. Their signature must be on the Participant Identification and they must have your participant booklet to shop for you. You are responsible for training both persons on how to use your WIC checks and for their action while shopping.

• You do not need to purchase everything on the check.

• Store credit, IOUs and rainchecks are not allowed.

• Respect WIC staff and store employees. Giving false information and buying the wrong foods is WIC abuse, as well as, physical and/or verbal actions against other WIC participants, WIC staff, property or store employees.

• If you feel that a store, a WIC participant or a staff person is doing something wrong, call your local WIC office.
Dairy

Must buy the least expensive brand at the time of the purchase.

**Eggs** - Large, white or brown, 1 dozen, carton

**Milk**

Only Skim (Fat Free/Nonfat) or 1% (Lowfat/Light) should be sold, unless specified on check

1/2 Gallon or 1 Gallon

- **Skim**
- **1%**
- **2%**
- **Whole***

**UHT Milk**

- Unflavored (Whole* 2%** or 1%),

**Soy Milk**

- 64 oz./half gallon paper carton

- 8th Continent Original

**Silk Original**

**Evaporated Milk** - 12 oz.

- Fat Free Skim, or 2%** Homogenized - Vitamin D added (whole*)

**Lactose Reduced or Lactose Free Milk**

- 64 oz./half gallon paper carton (Skim, 1%, Whole*)

**Nonfat Dry Milk**

- 16 oz. box

**Goat Milk - Meyenberg**

- Canned or packets

* For 1 year old children only

** Only when specified on the check

No flavored or raw milk.
No organic milk or eggs.
Dairy

Must buy the least expensive brand at the time of the purchase.

Cheese
One package only, 16 oz. /1lb. (8 oz. only when specified on check)

- Cheddar
- American **
  ** Only American can be from the deli or sliced
- Muenster
- Colby
- Monterey Jack
- Mozzarella

Fat Free Mozzarella -
One pound (lb.)16 ounces, prepackaged (Calabro and Polly-O only)

No deli or sliced cheese, except American.
No individually wrapped slices, shredded or string cheese, cheese food, cheese product or spreads, cream cheese or cottage cheese, imported, flavored or organic cheese.

Tofu

- Tofu - Plain, 14-16 oz. package
- Nasoya - Cubed, Super Firm, Firm, Lite Firm, Lite Silken, Silken, Soft
- Azumaya - Firm, Extra Firm
- Nature’s Promise - Firm, Extra Firm
## Cereal

**Cold Cereal** Buy 1 or 2 bag(s)/box(es) totaling up to 36 oz. Only buy sizes 14 oz. or larger.

Choose type of cereal, then choose the least expensive brand at the time of the purchase.

### Bran Flakes
- America’s Choice, Best Yet, Big Y, Food Club
- Essential Choice, HY-TOP, IGA, Kiggins, Parade, Post, Price Chopper High Fiber, ShopRite, Stop & Shop

### Corn Flakes
- America’s Choice, Best Yet, Big Y, Food Club, Great Value, HY-TOP, IGA, Kellogg’s, Kiggins, Krasdale, Parade, Price Chopper, ShopRite, Shurfine, Stop & Shop, Valu Time
- Fat Free Corn Flakes, White Rose

### Corn Squares
- America’s Choice Toasted/Crunchy Corn, Big Y Crispy Corn Squares, IGA Square Shaped Corn Biscuits, General Mills Corn Chex, Price Chopper Toasted Corn Crisps, ShopRite Crispy Corn Squares, Shurfine, Stop & Shop

### Crispy Rice
- Best Yet, Clear Value Crisp Rice, Great Value, Malt-O-Meal Crispy Rice, ShopRite, Stop & Shop
Cereal

**Frosted Shredded Wheat**
America’s Choice, Best Yet, Big Y, Clear Value, Food Club, HY-TOP, IGA, Kellogg’s, Kiggins, Malt-O-Meal Frosted Mini Spooners, Market Pantry, Parade, Price Chopper, ShopRite, Stop & Shop, Valu Time

**Grape Nuts/Nutty Nuggets**
Best Yet, Post Grape Nuts, Price Chopper, ShopRite Natural Wheat & Barley

**Kix, plain** - General Mills

**Oat Bran** - Quaker

**Oat Squares**
Best Yet Oat Wise, Price Chopper
Good Choice Cereal, Quaker Oat Life, Stop & Shop

**Oats & Flakes**
Best Yet Honey, Oats & Flakes, HY-TOP Honey, IGA Honey, Malt-O-Meal Honey & Oat Blenders, Market Pantry Honey & Oat Mixers, Price Chopper Crispy Honey Oats & Flakes, ShopRite Honey Oat Clusters, ShopRite Oats and More with Honey, Shurfine Oats & More, Stop & Shop Honey Crunchin’ Oats with Honey

**Rice Flakes** - Kellogg’s Special K

**Rice Squares** - IGA Square Shaped
Crispy Rice Biscuits, Rice Chex

**Toasted Oats Plain**
America’s Choice, Best Yet, Big Y, Food Club, General Mills Cheerios, HY-TOP, IGA, Kiggins Rollin Oats, Krasdale, Market Pantry, Parade, Price Chopper, ShopRite, Shurfine, Stop & Shop Oats & O’s, ValuTime, White Rose

**Toasted Oats Multigrain**
Multigrain Cheerios
Cereal

Unfrosted Shredded Wheat
Best Yet, HY-TOP Shredded Wheat, Kellogg’s, Kiggins, IGA, Parade, ShopRite

Wheat Flakes
Hy-Top Multi Grain Flakes, Kellogg’s All Bran Complete Wheat Flakes, Post Grape Nut Flakes, Shurfine Wheat Bran, General Mills Total (not recommended for children under 4 years of age due to the high iron content.)

Wheat Squares
Best Yet Crunchy Wheat, General Mills Wheat Chex

Whole Grain Granola
Sunbelt Bakery Simple Granola
Sunbelt Bakery Low Fat

Gluten Free Cereal
Cream of Rice (hot cereal) General Mills Corn Chex, General Mills Rice Chex

Hot Cereal - 14 oz. boxes or larger
America’s Choice Original Hot Wheat
Best Yet Creamy Wheat
Cream of Rice
Cream of Wheat
1 minute, 2 ½ minute, 10 Minute
Farina Mills Original Farina
Maltex
Malt-O-Meal Original Hot Wheat Cereal
Maypo Vermont Style Maple Oatmeal
Price Chopper Enriched Quick Cream Farina
Ralston Creamy Wheat
Whole Grain Cream of Wheat
Fruit Juice

Must buy the least expensive brand at the time of the purchase.
100% juice and at least 120% Vitamin C

Juice Concentrate
Frozen 11.5 - 12 oz.

100% Apple Juice
America’s Choice, Best Yet, Clear Value, Food Club, Great Value, HY-TOP, IGA, Langers, Market Pantry, Old Orchard, Parade, Price Chopper, Seneca, ShopRite, Shurfine, Stop & Shop, Tipton Grove, Tree Top, Valu Time

100% Grape Juice
America’s Choice, Best Yet, Great Value, Langers (Purple and White), Market Pantry, Old Orchard, Seneca, ShopRite, Stop & Shop, Welch’s (White and Purple)

100% Grapefruit Juice

100% Orange Juice
100% Orange Juice with Calcium*
*For women only

100% Juice Mixtures - all flavors
Dole 100% Juice, Great Value, Langers, Market Pantry, Old Orchard, Welch’s 100% - all yellow cap

100% Pineapple Juice
Dole, Langers, Old Orchard, Market Pantry

Juice Concentrate
Non-Frozen/Pourable
11.5 - 12 oz. metal cans
100% Juice Mixtures

No juice cocktail, beverages or drinks
Must buy the least expensive brand at the time of the purchase.  
100% juice and at least 120% Vitamin C

**Fruit/Vegetable Juice**

**Fluid Juice - Refrigerated**
Refrigerated gallons and half gallons

Half Gallon = 64 oz of fluid juice
Gallon = 128 oz of fluid juice

**100% Orange Juice Only**

**Vegetable Juice**
64 oz plastic

**Vegetable Juices**
V8 Low Sodium
Price Chopper Low Sodium

**Tomato Juice**
Campbell’s Low Sodium

No juice cocktail, beverages or drinks
Fruit Juice

Must buy the least expensive brand at the time of the purchase.

100% juice and at least 120% Vitamin C

Fluid Juice - Not Refrigerated
64 oz. plastic bottle

100% Apple Juice
America’s Choice, Best Yet, Big Y, Food Club, Great Value No Sugar Added, Harvest Classic, HY-TOP, IGA, Juicy Juice, Krasdale, Market Pantry, Mott’s, Old Orchard, Parade, Price Chopper, Ruby Kist, Shurfine, ShopRite, Stop & Shop, Tipton Grove, White House, White Rose

100% White Grape Juice
America’s Choice, Best Yet, Big Y, Food Club, Great Value No Sugar Added, HY-TOP, IGA, Juicy Juice, Krasdale, Market Pantry, Old Orchard, Parade, Price Chopper, Shurfine, ShopRite, Stop & Shop, Tipton Grove, Welch’s - All Varieties, White Rose, Valu Time

100% Purple Grape Juice

100% Juice Mixtures
America’s Choice (all flavors), Big Y Juice-A-Lot, IGA - Grape, Fruit Punch, Berry, Cherry, Great Value No Sugar Added, Great Value (all flavors), Nestle - Juicy Juice (all flavors), Market Pantry (all flavors), Old Orchard (all flavors) Price Chopper (all flavors), Stop & Shop (all flavors)

100% Grapefruit Juice/Blends - White or Pink
America’s Choice, Best Yet, Food Club, Great Value, HY-TOP, IGA, Parade, Price Chopper, Shurfine, ShopRite, Stop & Shop, White Rose

100% Pineapple Juice
Best Yet, Food Club, Langers, Libby’s, Old Orchard, Price Chopper, Ruby Kist, Stop & Shop

No juice cocktail, beverages or drinks
Infant Products

Baby Foods in Jars - Stage 2
4 oz. jars only, Beech-Nut® only
Fruits - Only the 5 pictured below

Stage 2 Apples
Stage 2 Chiquita® Bananas
Stage 2 Pears
Stage 2 Mango
Stage 2 Peaches

Vegetables - Only the 5 pictured below

Stage 2 Squash
Stage 2 Sweet Potatoes
Stage 2 Sweet Carrots
Stage 2 Sweet Peas
Stage 2 Green Beans
Infant Products

**Infant Formula** - With Iron
The brand name, container size and type of formula is printed on the WIC checks.

**Infant Cereal** - Beech-Nut®, 8 oz. dry, boxes, Rice, Oatmeal, Multigrain

No added fruits, crisps, formula or DHA

Allowed only for exclusively breastfed babies.

**Meats** - Beech-Nut only
2.5 oz. - Only the 3 pictured below

Stage 1 Beef & Beef Broth
Stage 1 Chicken & Chicken Broth
Stage 1 Turkey & Turkey Broth
Fruits

Fresh Fruits
• Any variety
• May be sold by the piece, by the package or by the pound

Frozen Fruits
• Any variety
• Without added sweeteners, sugars or syrup
• May be sold as “mixed” fruit

Canned Fruits
• Any variety-without added sweeteners, sugars, syrup, fats, oils, or salt
• May be packed in juice or water

No fruit rollups, fruit snacks, cranberry sauce or pie filling. No raisins or dried fruits. No items from the salad bar, party trays, or fruit baskets.
Vegetables

Fresh Vegetables
• Any variety EXCEPT POTATOES
  (Orange yams and sweet potatoes are allowed)
• May be sold by the piece, by the package or by the pound

Frozen Vegetables
• Any variety EXCEPT POTATOES or items with potatoes
• Without added sweeteners, sugars, fats, oils
• May be sold as “mixed” vegetables, but must not contain potatoes
• Must not be packed with sauce

Canned Vegetables
• Any variety EXCEPT POTATOES or items with white potatoes
• Without added sweeteners, sugars, syrup, fats, oils
• May be regular or lower in sodium
• Also includes plain canned tomato sauce/plain spaghetti sauce without added sweeteners, sugars, syrup, fats and oils
• Canned tomato sauce/spaghetti sauce may only be purchased with fruit and vegetable checks

No herbs, spices, or olives. No party trays, pickled vegetables or items from the salad bar.
Bread/Grain

100% Whole Wheat Bread
1 pound (lb.) or 16 oz. loaf

- Alvarado Street Bakery
  Essential Flaxseed Bread
- America’s Choice
- Arnold Stoneground
- Best Yet
- Big Y
- Bimbo
- Central Market Classics
- Country Kitchen
- Gold Medal Bakery
- Gold Medal Bakery Wheat with Flaxseed
- Great Value
- Holsum
- Nature’s Harvest
- Pas Yisroel
- Penn Street
- Pepperidge Farm Light Style
- Pepperidge Farm Stoneground
- Pepperidge Farm Very Thin Sliced Soft
- Sara Lee
- ShopRite
- Stop & Shop
- Stop & Shop Whole Wheat with Flaxseed
- Stop & Shop No-Salt Added Whole Wheat
- Stern’s
- Sunbeam
- Weight Watchers
- Windmill Farms Stone Ground-Menzanos
- Windmill Farms Stone Ground-Hamotze
- Wonder
Bread/Grain

**Whole Grain Bread**
1 pound (lb.) or 16 oz. loaf
- Country Kitchen Wheat Italian
- Pepperidge Farm Whole Grain Seeded Rye
- ShopRite 12 Grain
- Weight Watchers Multi Grain

**Tortillas**
1 pound (lb.) or 16 oz. bag

**Whole Wheat Tortillas**
- Big Y
- Chi-Chi’s
- Don Pancho
- Food Club
- IGA
- LaFe
- La Banderita
- Mayan Farms
- Mission
- Nature’s Promise Whole Grain
- Ortega
- Pepito
- ShopRite
- Stop & Shop
- Tropical

**Tortillas**
1 pound (lb.) or 16 oz. bag

**Corn Tortillas**
- Chi-Chi’s White Corn
- Don Pancho White Corn
- Stop & Shop White Corn
- La Banderita Corn
- La Poblanita Corn
- Mission Yellow Corn
- Pepito Corn Tortilla
- Nature’s Promise Whole Grain Corn
Brown Rice
Dry 1 pound (lb.) or 14-16 oz. bag/box, least expensive brand.

- America’s Choice Long Grain
- Best Yet Instant
- Best Yet Long Grain
- Big Y Instant
- Carolina, Goya, Minute, Mahatma, Success
- C & F Boil-in-Bag
- C & F Instant
- C & F Long/short grain
- Food Club Boil-In-Bag
- Food Club Instant
- IGA Instant Long Grain
- Price Chopper Boil-In-Bag
- Price Chopper Instant
- Riceland Natural
- Shurfine
- Stop & Shop Boil-in Bag
- Stop & Shop Instant
- Uncle Ben’s Fast & Natural Whole Grain Instant
- Uncle Ben’s Natural Whole Grain
- Uncle Ben’s Whole Grain Boil-in-Bag
- White Rose
100% Whole Wheat Pasta/Macaroni Products
16 oz. box/bag

• Gia Russa
• Hodgson Mill Whole Wheat Whole Grain
• Nature’s Promise
Other

Must buy the least expensive brand at the time of the purchase.

**Peanut Butter**
16-18 oz. jar, Unflavored, smooth, creamy, or chunky

**Legumes**
Any variety-beans, peas, or lentils. Dry, 1 pound (lb.) 16 oz. bags OR 15-16 oz. cans. Canned Beans may be plain or vegetarian. Cans may not contain added sugars, fats, oil, vegetables, fruits, or meats. No baked beans.

**Canned Fish**
Must buy the least expensive brand at the time of the purchase.
Allowed only for certain categories of pregnant and breastfeeding women.

- **Sardines** - 3.75 oz. can
- **Tuna** - light only, 5 oz. can
- **Salmon** - 6-15 oz. cans
Canned fish may be packed in water or oil; with added sauces and flavorings
## WIC Appointment Schedule

Comments: (i.e. Bring completed certification form, bloodwork results, child(ren), proof of ID, proof of residency, proof of income, or current CONNECT (gray) card or HUSKY A Plan ID card.)

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Connecticut WIC Program
Participant Identification

Bring this participant booklet for ALL visits to the WIC office and the grocery store.

Family ID Number

Local Agency Code

Payee’s Name (Please print)

Payee’s Signature

Caretaker’s Name (Please print)

Caretaker’s Signature

Alternate’s Name (Please print)

Alternate’s Signature

The signature(s) below must agree with the signature on the WIC check(s).

Babies were born to be breastfed.

Staff Signature

USDA is an equal opportunity provider and employer.
Connecticut WIC Program
Participant Identification

Bring this participant booklet for ALL visits to the WIC office and the grocery store.

Family ID Number

Local Agency Code

Payee's Name (Please print)
Payee's Signature

Caretaker's Name (Please print)
Caretaker's Signature

Alternate's Name (Please print)
Alternate's Signature

The signature(s) below must agree with the signature on the WIC check(s).

Payee's Name (Please print)
Payee's Signature

Caretaker's Name (Please print)
Caretaker's Signature

Alternate's Name (Please print)
Alternate's Signature

Staff Signature

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