



**Department of
Health**

Women, Infants, and
Children Program (WIC)

Authorized Infant Food List



**Department of
Health**

Women, Infants, and
Children Program (WIC)

This institution is an equal opportunity provider.

INFANT FRUITS

Gerber brand second foods only;
4-ounce plastic containers only.
Only the specific types as listed below:



Apple



Apple Avocado



Apple Blueberry



Apple Cherry



Apple Peach Squash



Apple Strawberry Banana



Apricot Mixed Fruit



Banana



Banana Apple Pear



Banana Blackberry Blueberry



Banana Carrot Mango



Banana Orange Medley



Banana Plum Grape



Mango



Peach



Pear



Pear Pineapple



Pear Zucchini Corn



WICShopper is a mobile app that lets you scan products to verify that they are WIC-authorized, view the Authorized Food List, get recipe ideas, calculate produce, and more!



Download it today!

- Always check your “EBT Card Benefits” printout and/or receipts to verify the individual items you have on your WIC Nutrition Card.
- If you are experiencing difficulties purchasing an item with your WIC Nutrition Card or scanning an item, please visit “I couldn’t buy this!” in the WICShopper App to submit the issue.



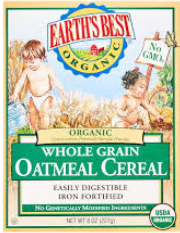
I couldn't buy this!

INFANT CEREAL



Earth's Best Organic brand only; 8-ounces containers only; all flavors of iron fortified cereal.

NOT ALLOWED: With added fruit; with added DHA/ARA; cereal in jars; variety packs.



Oatmeal



Rice



Multi-grain



Gerber brand only; 8-ounce containers only; all flavors of iron fortified cereal.

NOT ALLOWED: With added fruit; with added DHA/ARA; cereal in jars; variety packs.



Multigrain



Oatmeal



Rice



Whole Wheat

Gerber® Organic Cereal



Oatmeal



Rice



Oatmeal Millet Quinoa

INFANT VEGETABLES



Gerber brand second foods only; 4-ounce plastic containers only. Only the specific types as listed below:



Butternut Squash



Carrot



Carrot Pear Blackberry



Carrot Mango Pineapple



Carrot Sweet Potato Pea



Green Bean



Pea



Pea Carrot Spinach



Pumpkin



Pumpkin Banana



Squash Apple Corn



Sweet Potato



Sweet Potato Apple Pumpkin



Sweet Potato Corn



Sweet Potato Mango Kale

INFANT FRUITS



Earth's Best Organic brand second foods only; 4-ounce glass containers only. Only the specific types as listed below:



Apple Apricot



Apples
Blueberries



Apples



Apples Plums



Banana Mango



Bananas



Pears
Mangos



Pears
Raspberries



Pears



Prunes

INFANT VEGETABLES



Earth's Best Organic brand second foods only; 4-ounce glass containers only. Only the specific types as listed below:



Carrots



Corn
Butternut Squash



Peas



Sweet Potatoes



Winter Squash

INFANT MEATS



For exclusively breastfeeding participants only Earth's Best Organic brand; 2.5-ounce glass jars only; Only the specific types as listed below:



Chicken &
Chicken Broth



Turkey &
Turkey Broth



For exclusively breastfeeding participants only; Gerber brand second foods only; 2.5-ounce glass jars only; Only the specific types as listed below:



Beef & Gravy



Chicken & Gravy



Ham & Gravy



Turkey & Gravy

INFANT FRUITS AND VEGETABLES



Meijer brand foods only;
2-4-ounce plastic twin-pack;
Only the specific types as listed:



Apple
Strawberry
Banana



Apple Berry
Blend



Mixed
Vegetables



Tippy Toes brand foods only;
2-4-ounce plastic twin-packs.
Only the specific types as listed below:



Apples



Apple Banana



Apple Banana
Strawberry



Apple
Berry



Apple Carrot
Mango



Apple
Mango



Apple Pear
Banana



Apple Sweet
Potato



Bananas



Squash



Squash Apple
Pear



Mixed
Vegetables



Carrots

INFANT FRUITS AND VEGETABLES

Gerber brand second foods only;
4-ounce glass containers only.
Only the specific types as listed below:



Apple
Prune



Apple Spinach
Kale



Apple
Strawberry
Banana



Apple Zucchini
Peach



Banana
Blueberry



Pear Carrot
Pea



Pear Guava



Pear Zucchini



Squash Pear
Pineapple



Sweet Potato
Banana Orange



Gerber® 2nd Foods® Organic;
4-ounce glass containers only.
Only the specific types as listed below:



Apple
Wild Blueberry



Apple
Strawberry
Beet



Apple
Spinach
Kale



Mango Apple
Banana



Pear
Purple Carrot
Raspberry



Sweet Potato
Apple Carrot
Cinnamon

INFANT FRUITS AND VEGETABLES



Beechnut second foods only;
4-ounce glass containers only.
Only the specific types as listed below:



Apple



Apple
Blueberries



Apple Mango
Kiwi



Apple Pear
Banana



Banana



Banana
Strawberries



Corn
Sweet Potato



Garden
Vegetables



Green
Beans



Mango



Mixed
Vegetables



Peach



Pear
Pineapple



Pear
Raspberries



Squash



Sweet
Carrots



Sweet
Peas

INFANT FRUITS AND VEGETABLES



Beechnut Naturals second foods only;
4-ounce glass containers only.
Only the specific types as listed below:



Apple
Blackberries



Apple
Kale



Apple
Pumpkin
Cinnamon



Banana
Blueberries
Green Beans



Banana
Orange
Pineapple



Carrots
Sweet Corn
Pumpkin



Guava
Pear
Strawberries



Mango



Mango
Apple
Avocado



Pear
Blueberries



Peas
Green Beans
Asparagus



Spinach
Zucchini
Peas



Sweet Corn
Green Beans