



WIC APPROVED FOODS

- UPDATE -

Effective: 1-1-2010

A complete list of WIC approved foods effective 1-1-2010 is available at <http://www.doh.wa.gov/cfh/wic>

Overview of changes effective 1-1-2010

Juice for Women and Children

NEW! More choices have been added.

- Buy only the products listed.
- Products shown in the WIC Foods Brochure are still allowed.
- Choose only the container types printed on the check.

Tofu

NEW! Choose any brand.

- Buy plain tofu (calcium set).
- Choices include refrigerated and shelf stable packages.
- 12 oz to 16 oz packages are allowed.
- See the update for products we know meet the criteria.

Soy Beverage

NEW! 8th Continent brand soy beverage (original, regular) is now approved.

- Buy only the products listed in the WIC Approved Foods Update.

100% Whole Wheat Bread

NEW! Choose any brand.

- Bread must be labeled "100% Whole Wheat".
- 16 oz to 32 oz packages are allowed.
- See the update for products we know meet the criteria.

Soft Tortillas

NEW! Whole wheat tortillas are approved. Choose any brand of soft tortillas.

- Choices include yellow or white soft corn tortillas and soft whole wheat tortillas.
- 9 oz to 32 oz packages are allowed.
- See the update for products we know meet the criteria.

Questions? Ask WIC staff or visit our website for more information: <http://www.doh.wa.gov/cfh/wic>
Washington State WIC Nutrition Program (state office) 1-800-841-1410

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For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).



DOH # 960-114 rev. January 2010



Bottled Juice for Children

WIC Approved
Effective 1-1-2010

Buy only these brands and types of juice in 64 oz plastic bottles.		Size and container type	X = New
Apple:	Albertsons Apple Juice	64 ounce plastic bottle	
	Albertsons Apple Juice w/Cal & Vit C	64 ounce plastic bottle	X
	Flavorite 100% Apple Juice	64 ounce plastic bottle	X
	Fred Meyer Apple Juice 100% Juice	64 ounce plastic bottle	
	Haggen 100% Apple Juice	64 ounce plastic bottle	
	Hy-Top Apple Juice	64 ounce plastic bottle	X
	IGA 100% Apple Juice	64 ounce plastic bottle	X
	Kroger Apple Juice	64 ounce plastic bottle	X
	Nestle Juicy Juice-Apple	64 ounce plastic bottle	X
	QFC Private Selection Apple Juice	64 ounce plastic bottle	X
	Safeway 100% Juice Apple Juice	64 ounce plastic bottle	X
	Tree Top 100% Apple Juice	64 ounce plastic bottle	
	Western Family 100% Juice Apple Juice	64 ounce plastic bottle	
Grape:	Albertsons Grape Juice	64 ounce plastic bottle	
	Albertsons White Grape Juice	64 ounce plastic bottle	
	Flavorite Grape Juice	64 ounce plastic bottle	X
	Flavorite White Grape Juice	64 ounce plastic bottle	X
	Fred Meyer Grape Juice 100% Juice	64 ounce plastic bottle	
	Fred Meyer White Grape Juice 100% Juice	64 ounce plastic bottle	
	Great Value 100% Grape Juice	64 ounce plastic bottle	
	Great Value 100% White Grape Juice	64 ounce plastic bottle	X
	Haggen 100% Grape Juice	64 ounce plastic bottle	
	Haggen 100% White Grape Juice	64 ounce plastic bottle	
	IGA 100% Grape Juice	64 ounce plastic bottle	X
	IGA White Grape Juice	64 ounce plastic bottle	X
	Kroger Grape Juice	64 ounce plastic bottle	X
	Kroger White Grape Juice	64 ounce plastic bottle	X
	Safeway 100% Juice Grape Juice	64 ounce plastic bottle	
	Safeway 100% Juice White Grape Juice	64 ounce plastic bottle	
	Welch's 100% Grape Juice	64 ounce plastic bottle	X
	Welch's 100% White Grape Juice	64 ounce plastic bottle	X
	Welch's Red 100% Grape Juice	64 ounce plastic bottle	X
	Western Family 100% Juice Grape	64 ounce plastic bottle	
	Western Family White Grape Juice	64 ounce plastic bottle	X
Orange:	Any Brand of 100% Orange Juice	64 ounce plastic bottle	
Pineapple:	Albertsons Pineapple Juice	64 ounce plastic bottle	
	IGA Pineapple Juice	64 ounce plastic bottle	X
	Langers Pineapple Juice 100% Juice	64 ounce plastic bottle	
	Safeway 100% Juice Pineapple Juice	64 ounce plastic bottle	X
	Western Family 100% Juice Pineapple Juice	64 ounce plastic bottle	

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Frozen and Canned Juice for Women

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Buy only these brands and types of frozen and canned juice	Size and container type	X = New
Apple: Albertsons Apple Juice	12 ounce frozen	X
Flavorite Apple Juice	12 ounce frozen	X
Fred Meyer Apple Juice	12 ounce frozen	X
Great Value Apple Juice	46 ounce can	X
Great Value 100% Apple Juice	12 ounce frozen	
Hy-Top Apple Juice	12 ounce frozen	
IGA Apple Juice - 100%	12 ounce frozen	X
Kroger Apple Juice	12 ounce frozen	X
Old Orchard 100% Apple Juice	12 ounce frozen	
Safeway Apple Juice	12 ounce frozen	
Safeway Apple Juice w/added Vitamin C	12 ounce frozen	X
Tree Top Apple Juice	12 ounce frozen	
Tree Top 100% Apple Juice	46 ounce can	
Western Family 100% Juice Apple	12 ounce frozen	
Cranberry: Old Orchard 100% Juice Cranberry	12 ounce frozen	
Grape: Albertsons Grape Juice	12 ounce frozen	
Great Value 100% Grape Juice	12 ounce frozen	
Hy-Top Grape Juice	12 ounce frozen	
Old Orchard 100% Juice Grape	12 ounce frozen	
Old Orchard 100% Juice White Grape	12 ounce frozen	
Welch's 100% Grape Juice	11.5 ounce frozen	
Welch's 100% Grape Juice	46 ounce can	
Welch's 100% White Grape Juice	11.5 ounce frozen	
Welch's 100% White Grape Juice	46 ounce can	
Western Family 100% Juice Grape	12 ounce frozen	
Grapefruit: Great Value Pink Grapefruit Juice	46 ounce can	X
Great Value White Grapefruit Juice	46 ounce can	X
Texsun Ruby Red Grapefruit Juice	46 ounce can	
Any brand of frozen 100% grapefruit juice	11.5 / 12 ounce frozen	
Orange: Texsun Orange Juice	46 ounce can	
Any brand of frozen 100% orange juice	11.5 / 12 ounce frozen	
Pineapple: Dole 100% Pineapple Juice	12 ounce frozen	
Dole Pineapple Juice	46 ounce can	
Fred Meyer Unsweetened Pineapple Juice	46 ounce can	X
Haggen Unsweetened Pineapple Juice From Concentrate	46 ounce can	X
IGA Pineapple Juice	46 ounce can	X
Old Orchard 100% Juice Pineapple	12 ounce frozen	
Western Family Pineapple Juice	46 ounce can	X
Tomato: Cambell's Tomato Juice	46 ounce can	
Haggen Tomato Juice From Concentrate	46 ounce can	X
IGA Tomato Juice	46 ounce can	X
Kroger Tomato Juice	46 ounce can	X
Western Family Tomato Juice	46 ounce can	X
Vegetable: Haggen Vegetable Juice From Concentrate	46 ounce can	X
V-8 Essential Antioxidants 100% Vegetable Juice	46 ounce can	
Western Family Vegetable Juice	46 ounce can	X

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Tofu
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Buy any brand of plain, calcium set tofu in 12 oz to 16 oz packages.

These are WIC approved. Other brands may also be approved.	Size and Container Type	X = New
Azumaya Extra Firm	14 ounce container	X
Azumaya Firm	14 ounce container	
House Foods Organic Extra Firm	12 ounce container	X
House Foods Premium Extra Firm	14 ounce container	X
House Foods Organic Firm	14 ounce container	
House Foods Organic Medium Firm	14 ounce container	
House Foods Organic Soft (Silken)	14 ounce container	
House Foods Premium Firm	14 ounce container	
House Foods Premium Medium Firm	14 ounce container	
House Foods Premium Soft (Silken)	14 ounce container	
Mori-Nu Silken Extra Firm Tofu (shelf stable)	12.3 ounce container	X
Mori-Nu Silken Firm (shelf stable)	12.3 ounce container	X
Mori-Nu Silken Lite Firm (shelf stable)	12.3 ounce container	X
Mori-Nu Organic Silken (shelf stable)	12.3 ounce container	X
Mori-Nu Silken Soft (shelf stable)	12.0 ounce container	X
Nasoya Organic Extra Firm	16 ounce container	X
Nasoya Organic Firm	16 ounce container	
Nasoya Organic Lite Firm	16 ounce container	
Nasoya Organic Lite Silken	16 ounce container	
Nasoya Organic Silken	16 ounce container	
Nasoya Organic Soft	16 ounce container	
Sun Luck Chinese Firm	14 ounce container	
Sun Luck Japanese Traditional	14 ounce container	
Sun Luck Nugoshi Soft	14 ounce container	

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Soy Beverage
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Buy only these brands and types of soy beverage.	Size and Container Type	X = New
8 th Continent, original, regular	½ gallon container	X
Pacific Ultra Soy, plain	32 ounce container	
Pacific Ultra Soy, vanilla	32 ounce container	

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Whole Grain Choices: 100% Whole Wheat Bread

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**Any pre-packaged loaf labeled “100% whole wheat”
in 16 oz to 32 oz packages.**

These are WIC approved. Other brands may also be approved.	Size and Container Type	X = New
Franz 100% Whole Wheat	16 ounce pre-packaged	
Franz 100% Whole Wheat (gold wrapper)	16 ounce pre-packaged	
Fred Meyer 100% Whole Wheat	16 ounce pre-packaged	X
Sara Lee Classic 100% Whole Wheat	16 ounce pre-packaged	
Safeway O Organics 100% Whole Grain Wheat Bread	22 ounce pre-packaged	
Albertsons 100% Whole Wheat Bread	24 ounce pre-packaged	
Country Oven 100% Whole Wheat Bread	24 ounce pre-packaged	
Franz 100% Stone Ground Whole Wheat Bread	24 ounce pre-packaged	
Franz 100% Whole Wheat Bread	24 ounce pre-packaged	
Great Value 100% Whole Wheat	24 ounce pre-packaged	
Haggen 100% Stone Ground Whole Wheat Bread	24 ounce pre-packaged	X
Haggen 100% Whole Wheat Bread	24 ounce pre-packaged	
Oroweat 100% Whole Wheat Bread	24 ounce pre-packaged	
Roman Meal All Natural 100% Whole Wheat Bread	24 ounce pre-packaged	
Royal Hearth 100% Whole Wheat Bread	24 ounce pre-packaged	
Yoke's Fresh Market 100% Whole Wheat	24 ounce pre-packaged	
Franz Big Horn Valley All Natural 100% Whole Wheat Bread	26 ounce pre-packaged	
Franz Oregon Trail 100% Whole Wheat	26 ounce pre-packaged	

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Whole Grain Choices: Soft Tortillas

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**Any brand of yellow or white soft corn tortillas and soft whole wheat tortillas
in 9 oz to 32 oz packages.**

Soft Corn Tortillas

These are WIC approved. Other brands may also be approved.	Size and Container Type	X = New
Chi Chi's Café Style Corn Tortillas (formerly Manny's)	14 ounce pre-packaged	
Don Pancho White Corn Tortillas	13 ounce pre-packaged	X
Don Pancho 6" White Corn Tortillas	16 ounce pre-packaged	X
Don Pancho 6" White Corn Tortillas	27.6 ounce pre-packaged	X
Don Pancho 6" Yellow Corn Tortillas	27.6 ounce pre-packaged	X
Don Pancho Yellow Corn Tortillas	13 ounce pre-packaged	
Great Value Corn Tortilla	22 ounce pre-packaged	
Guerrero White Corn Tortillas	16 ounce pre-packaged	X
Guerrero White Corn Tortilla	27.5 ounce pre-packaged	X
Guerrero Yellow Corn Tortilla	27.5 ounce pre-packaged	X
La Burrita 8" Yellow Corn Tortillas	16 ounce pre-packaged	
Mission White Corn Tortillas - Super Size	14 ounce pre-packaged	X
Mission Yellow Corn Tortillas - Super Size	14 ounce pre-packaged	
Mission Yellow Corn Tortillas - Extra Thin	16 ounce pre-packaged	
Tia Rosa Yellow Corn Taco Size Tortillas	13 ounce pre-packaged	
Tia Rosa White Corn Tortillas	30 ounce pre-packaged	X

Soft Wheat Tortillas

These are WIC approved. Other brands may also be approved.	Size and Container Type	X = New
Guerrero 100% Whole Wheat Tortillas	16 ounce pre-packaged	X
Mama Lupe's 100% Whole Wheat Flour Tortillas	18 ounce pre-packaged	X

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