ARKANSAS WIC PROGRAM

APPROVED FOOD LIST

Effective October 1, 2021

For more information, contact the WIC State Office at (501) 661-2508, 1-800-235-0002, your local health unit or www.healthy.arkansas.gov/programs-services/topics/wic.

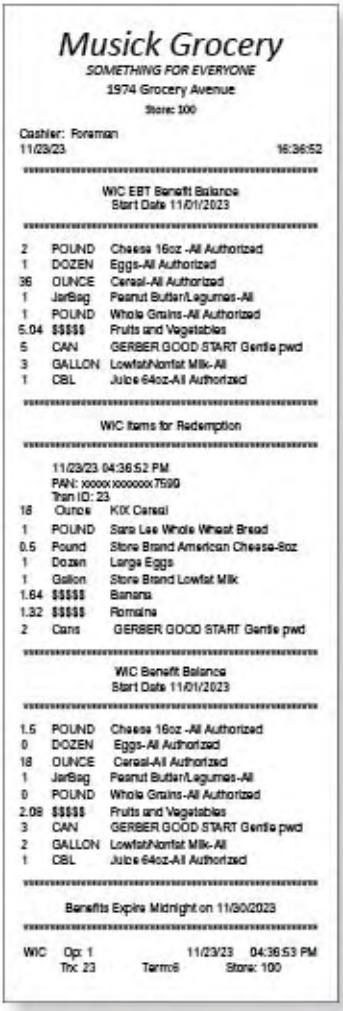
Know Your Balance

The best way to keep track of how much you have left to spend in your WIC benefit account is to know your balance.

The best way to know your balance is to **KEEP YOUR RECEIPTS.**

Using your eWIC card:

- At checkout, have your eWIC card ready, and tell your cashier you are using an eWIC card.
- The cashier will tell you when to insert your eWIC card into the card reader. Follow instructions from cashier and on card reader.
- After all groceries have been scanned, the card reader will ask you to confirm the WIC foods before deducting the WIC purchase from the balance on your card.
- You will receive an ending receipt that will have your remaining WIC foods benefit balance.
- Any food benefits for the current month still on the card will expire at midnight on the last day of the month.
- You may also view your eWIC card balance by downloading the My AR WIC app.



Musick Grocery
SOMETHING FOR EVERYONE
1974 Grocery Avenue
Store: 100

Cashier: Foreman
11/23/23 16:36:52

WIC EBT Benefit Balance
Start Date 11/01/2023

2	POUND	Cheese 16oz -All Authorized
1	DOZEN	Eggs-All Authorized
36	OUNCE	Cereal-All Authorized
1	JarBag	Peanut Butter/Legumes-All
1	POUND	Whole Grains-All Authorized
5.04	$$$$$	Fruits and Vegetables
5	CAN	GERBER GOOD START Gentle pwd
3	GALLON	Lowfat/Nonfat Milk-All
1	CBL	Juice 64oz-All Authorized

WIC Items for Redemption

11/23/23 04:36:52 PM
PAN: xxxxx xxxxxxx 7599
Tran ID: 23

18	Ounce	KIX Cereal
1	POUND	Sara Lee Whole Wheat Bread
0.5	Pound	Store Brand American Cheese-8oz
1	Dozen	Large Eggs
1	Gallon	Store Brand Lowfat Milk
1.64	$$$$$	Bananas
1.32	$$$$$	Romaine
2	Cans	GERBER GOOD START Gentle pwd

WIC Benefit Balance
Start Date 11/01/2023

1.5	POUND	Cheese 16oz -All Authorized
0	DOZEN	Eggs-All Authorized
18	OUNCE	Cereal-All Authorized
1	JarBag	Peanut Butter/Legumes-All
0	POUND	Whole Grains-All Authorized
2.08	$$$$$	Fruits and Vegetables
3	CAN	GERBER GOOD START Gentle pwd
2	GALLON	Lowfat/Nonfat Milk-All
1	CBL	Juice 64oz-All Authorized

Benefits Expire Midnight on 11/30/2023

WIC Op: 1 11/23/23 04:36:53 PM
Trx: 23 Term:6 Store: 100

App Store

Google Play

my WIC
The Arkansas WIC Mobile App

Available for download from the App Store and Google Play!
Search using *"My Arkansas WIC"*

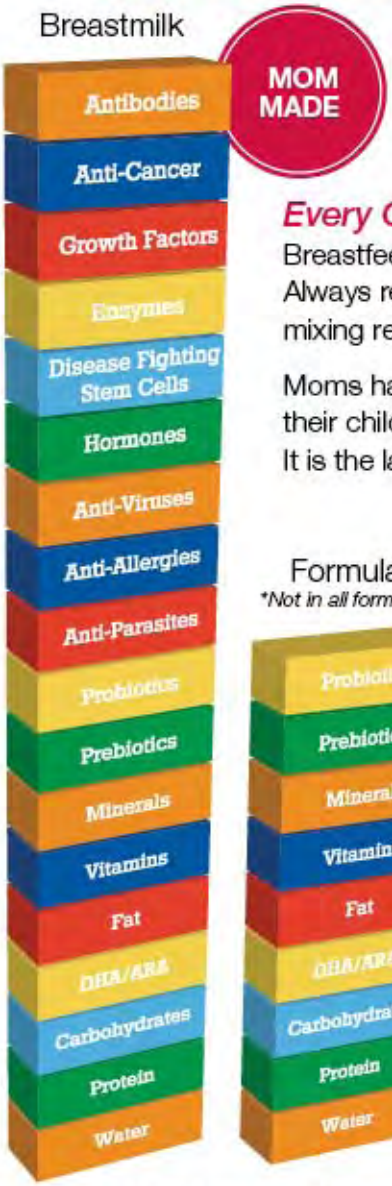
The app features:
- Current Benefit Balance
- Future Benefits
- Food Finder
- Messages and Alerts from WIC Program
- Link to Nutrition Education
- Store Locator

How to register to view Benefits after downloading the App:
- Select the "Settings" option.
- Under Registration, select "Register." If there are multiple family members, they will all be in one account when registered.
- Enter your 8-digit Household ID number
  _ _ _ _ _ _ _ _
- Enter the last 10-digits of your Card Number.
- Enter a name you want the account to be called. It can be the name of the family or participants receiving WIC.
- Select "Register."
- With successful registration, the following message will display: You can now select "Benefits" to view Current and Future benefits for the Household.
- You may register more than one household in the app.

Other features included on the App:
- **Food Finder** - allows you to scan UPC codes, enter UPC codes, and view the WIC Approved Food List.
- **Messages** - A Benefit Balance Reminder will be sent when benefits are set to expire.
- **Nutrition** - Connects to www.arwiconline.org for Nutrition Education.
- **Store Locator** - provides the Name, Address, Phone Number, and Directions to stores that accept Arkansas WIC.

Breastmilk Has More of What Babies Need

Breastmilk



Every Ounce Counts

Breastfeeding is convenient! Always ready, no bottles or mixing required.

Moms have the right to breastfeed their children anytime, anywhere. It is the law in Arkansas.

Formula

**Not in all formulas*

Exclusively breastfeeding mothers and their babies receive EXTRA food benefits.

Arkansas WIC has Lactation Specialists and Breastfeeding Peer Counselors to provide breastfeeding support at no cost. WIC can help with any of your questions or concerns.

Breastfeeding Helpline 1-800-445-6175

www.facebook.com/arwicbreastfeeding

Infant Foods

THESE BRANDS ONLY

Infant Fruits & Vegetables

For infants 6 through 11 months

4 oz containers

Every store may not carry all WIC approved foods/brands.

ALLOWED

- Regular, Natural, or Organic
- Stage 2 or 2nd foods
- Glass jars or plastic tubs, as singles or packs
- Any variety single fruit or vegetable
- Any variety mixed fruits and/ or vegetables
- Variety packs with 4 oz containers

* NOT ALLOWED

- Added cereal, flour, or starches
- Added meat, sugar, salt, or DHA
- Desserts (example: juice and fruit blends, pudding, or cobbler)
- Dinners
- Squeeze pouches
- Yogurt blends

Infant Meats

Only for Exclusively Breastfed Infants

6 through 11 months, who are not receiving formula from WIC

2.5 oz containers

ALLOWED

- Regular or Organic
- Stage 1 or 2
- Glass jars **ONLY**
- Single meat varieties with broth or gravy
- Variety packs with 2.5 oz containers

* NOT ALLOWED

- Added sugar, salt, or DHA
- Added fruit, vegetables, rice, or pasta (example: dinners, casseroles, soups or stews)
- Meat sticks

Infant Foods

Infant Cereal

For infants 6 through 11 months

8 oz or 16 oz container
dry infant cereal.

ALLOWED 8 oz + 16 oz = 24oz

- Regular or Organic
- Stage 1 or 2
- Choose from:
  Rice, Barley, Oatmeal,
  MultiGrain, or Whole Wheat

✳ NOT ALLOWED

- Cereal with fruit, formula, or DHA/ARA
- High protein or other added ingredients

Infant Formula

Type and amount listed on WIC benefit. No exchanges or substitutions.

✳ NOT ALLOWED

- Low-iron formula or any brand not listed on WIC benefit

Dairy

CHEESE

Least expensive brand available at time of purchase within variety selected

8 oz or 16 oz package

ALLOWED

- American (yellow only), Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster, Provolone, or Swiss
- Block, shredded, sliced, or string cheese

✳ NOT ALLOWED

- Cheese products, whips, or spreads
- Cheese with meat, peppers, pimentos, seeds, etc.
- Cubed, grated, crumbles, curds, or shapes
- Deli department sliced
- Fresh mozzarella
- Goat, farmer, or soy
- Imported
- Individually wrapped cheese slices (singles)
- Processed cheese foods (example: Velveeta)
- Raw milk or smoked

Dairy

MILK

Least expensive brand available at time of purchase

Gallon, Half-gallon, or Quart containers

ALLOWED

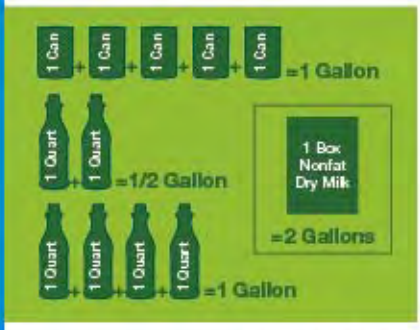
- Fat free, Nonfat, or Skim milk
- Low fat, Light, or 1% milk
- Low fat or Skim buttermilk
- Lactose free milk (1% or skim)
- Evaporated milk (fat free or skim)
- Powdered milk (nonfat dry) 25.6 oz container

ALLOWED ONLY IF ON YOUR WIC BENEFIT

- Whole milk
- Lactose free whole milk
- Evaporated milk (whole fat)
- Reduced fat milk (2%)
- Lactose free reduced fat milk (2%)

* NOT ALLOWED

- Bulgarian buttermilk
- Calcium-fortified milk
- Flavored milk (example: chocolate)
- Goat's milk
- High-protein milk
- Non-dairy
- Nut or grain milk (example: almond, coconut, or rice)
- Sweetened-condensed
- Tetra-Pack or Tetra-Brik
- Unhomogenized
- Vitamite



SOY-BASED BEVERAGE

Half-Gallon or Quart containers

CHILDREN 2 YEARS & OLDER AND WOMEN

ALLOWED

- 8th Continent – Original and Vanilla
- Pacific – Original
- Silk – Original
- Store Brand – Original

* NOT ALLOWED

- Other flavors

Dairy

YOGURT

32 oz container, any variety
4 oz 4-packs (32 oz total), any variety
Allowed if on your WIC benefit

CHILDREN 1 YEAR OLD
Whole milk/Whole fat Yogurts

CHILDREN 2 YEARS & OLDER AND WOMEN
Low fat and Nonfat Yogurts

ALLOWED

- Plain, Greek, or Flavors

* NOT ALLOWED

- French style or Soy
- Artificial sweeteners (example: aspartame, saccharine, or sucralose)
- Fruit on the bottom
- Separate mix-in items (example: candy, granola, or nuts)
- Yogurt in bottles (drinkable), tubes, or pouches

32 oz

OR

2 - 16 oz packs

Protein

EGGS

Least expensive brand available at time of purchase
Dozen containers **ONLY**

ALLOWED

- Any egg size
- White **ONLY**

* NOT ALLOWED

- Brown
- Cage free or free range
- Fertile
- Omega-3 or with added vitamins or minerals (example: Eggland's Best)

Protein

FISH

FOR FULLY BREASTFEEDING WOMEN

- Canned or Pouches
- May contain bones and skin

Any combination of fish types **not to exceed** the number of ounces on WIC benefit

ALLOWED

Any brand, choose from:

- In water or oil
- Chunk Light Tuna
- Mackerel
- Pink Salmon
- Sardines (any flavor)

* NOT ALLOWED

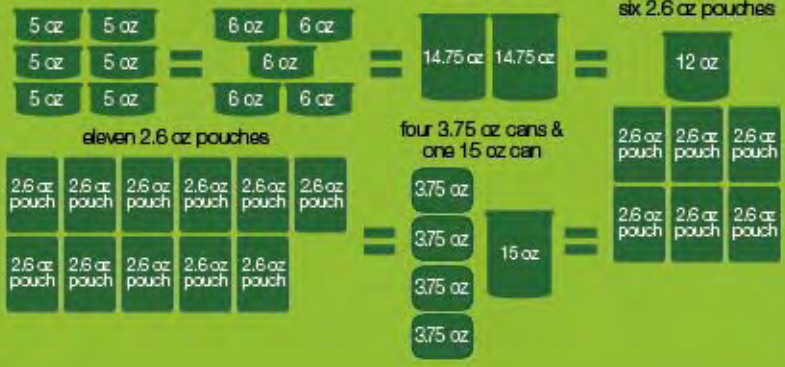
- Albacore or smoked tuna
- Breast of tuna
- Lunch packs or kits
- Tuna spread
- Tuna with herbs, flavors, seasoning, or any fillers
- Blueback, chum, red, or flavored salmon
- Prime or smoke salmon fillets

Examples of Fish Combinations:

Choose a combination that does not go over 30 ounces.

six 5 oz cans = five 6 oz cans = two 14.75 oz cans = one 12 oz can & six 2.6 oz pouches

eleven 2.6 oz pouches = four 3.75 oz cans & one 15 oz can = one 12 oz can & six 2.6 oz pouches



Protein

Bean and Peanut Butter Choices:

16 oz (1 lb)
dry legumes/beans

OR

14-16 oz
canned beans

OR

1 jar, 16-18 oz
peanut butter

BEANS, LENTILS, and PEAS (LEGUMES)

DRY
16 oz or 32 oz bag

ALLOWED DRY

- Any brand, any beans
- Plain, dry, unseasoned mature

* NOT ALLOWED DRY

- Flavored beans or with seasoning packets
- Mixed beans
- Snap beans
- Sweet peas
- Wax beans
- Yellow beans

CANNED
Least expensive brand available at time of purchase within variety selected
With or without added salt
14-16 oz can

ALLOWED CANNED

Varieties:

- Any brand, any beans

* NOT ALLOWED CANNED

- Baked beans
- Chili beans
- Green beans
- Green/Sweet peas
- Pigeon peas
- Snap beans
- Wax beans
- Yellow beans
- Seasoned, flavored, or meat added

Protein

PEANUT BUTTER
16-18 oz jar

ALLOWED

- Any brand
- Smooth, creamy, crunchy, or extra crunchy
- Regular, reduced-fat, or natural

* NOT ALLOWED

- Other nut butters
- Peanut spread
- With DHA or Omega-3
- Combination or whipped (example: mixed with chocolate, honey, jelly, marshmallow, or other flavorings)

Whole Grains

Choices for whole grains are: Brown Rice, Oats, Pasta, Whole Wheat or Corn Tortillas, Whole Wheat or Whole Grain Breads.

Any combination of container sizes, not to exceed the number of **ounces** or **pounds** on WIC benefit

EXAMPLES OF WHOLE GRAIN COMBINATIONS:

- 8 oz Tortillas + 8 oz Pasta = 1 lb
- 16 oz Bread = 1 lb
- 14 oz Rice = 1 lb
- 8 oz Pasta + 24 oz Bread = 2 lbs
- 12 oz Pasta + 20 oz Bread = 2 lbs
- 16 oz Tortillas + 14 oz Rice = 2 lbs
- 18 oz Oats + 12 oz Pasta = 2 lbs

Whole Grains

BREAD

16-24 oz package

ALLOWED

- Any brand
- 100% Whole Wheat
- 100% Whole Grain

* NOT ALLOWED

- Bakery bread
- Bagels, buns, rolls, or English muffins
- Refrigerated or frozen bread
- White whole grain

TORTILLAS

8-32 oz package

ALLOWED

- Any brand
- Yellow or White Corn
- 100% Whole Wheat

* NOT ALLOWED

- Herb or flavored
- Tortilla wraps

PASTA

8-32 oz package

ALLOWED

- Any brand
- 100% Whole Wheat
- 100% Whole Grain

* NOT ALLOWED

- Added sugar, fat, oil, salt, or seasoning
- Pasta made from rice, quinoa, flax, corn, or vegetables

Whole Grains

OATS

16-32 oz package

These oats are a whole grain choice, **NOT** a cereal choice.

ALLOWED

- Any brand
- Quick or Old Fashioned

Health Bite

Whole grains are a good source of Folate (Folic Acid), which reduces the risk of birth defects.

BROWN RICE

14-16 oz package (1 lb)

28-32 oz package (2 lbs)

ALLOWED

- Any brand
- Plain, dry brown rice
- Regular, instant, quick, or boil-in-bag

✳ NOT ALLOWED

- Added beans, herbs, or seasonings
- Bulk, tubs, or microwavable pouches
- Flavored rice, rice mixes, or wild rice
- Frozen brown rice

Cereal

Any combination of the following cereals not to exceed number of ounces on WIC benefit.

Every store may not carry all WIC approved foods/brands.

COLD CEREAL

12-36 oz packages **ONLY**

GENERAL MILLS

Chex (Corn, Rice, Wheat, Blueberry, or Cinnamon)

Cheerios (Multigrain or Plain)

Kix (Berry, Honey, or Plain)

Total Whole Grain Wheat

KELLOGG'S

Corn Flakes

Frosted Mini Wheats Original (Bite Size or Little Bites)

Rice Krispies (Original)

Special K (Banana, Honey Almond, Original, or Original Multi-Grain)

Cereal

MOM'S (MALT-O-MEAL)

Crispy Rice

Mini Spooners
(Frosted or
Strawberry Cream)

Oat Blenders
(with Honey or
with Almonds)

POST

Grape-Nut
Flakes

Grape-Nuts

Honey Bunches of Oats
(Honey Roasted, Vanilla, or with Almonds)

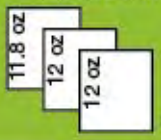
QUAKER

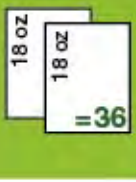
Life (Original)

Oatmeal Squares
(Hint of Brown Sugar, Cinnamon,
Golden Maple, or Honey Nut)

Ways to Get 36 oz of Cereal

Ounces not to exceed the total number of ounces on WIC benefit





Cereal

HOT CEREAL

11.8 - 36 oz packages **ONLY**

B & G FOODS

Cream of Wheat Original (Instant, 1-minute, or 2½ minute)

Cream of Wheat Whole Grain 2½ minute

Cream of Rice

MOM'S (MALT-O-MEAL)

Quick Cooking Hot Wheat Cereal (Original, Chocolate, or Coco Wheats)

JIM DANDY

Quick or Original Grits

QUAKER

Instant Oatmeal (Original flavor **ONLY** – individual packets)

Instant Grits (Original flavor **ONLY** – individual packets, quick, or regular)

Quaker **individual packets** of instant oatmeal is a cereal choice, **NOT** a whole grain choice.

Fruits & Vegetables

The Cash Value Benefit (CVB) is for the purchase of fresh, frozen, or canned fruits and vegetables. Purchases can be made for greater than the dollar amount on the CVB, but you must pay the difference.

Choose Any Brand

FRESH OR FROZEN

ALLOWED

- Regular or Organic
- Any brand, variety, or size
- Salad mixtures
- May be whole, cut, bagged, or packaged

✳ NOT ALLOWED

- Added fats, oils, sugars, syrups, artificial sweeteners, meats, pastas, rice, or other grains
- Fresh or dried herbs and spices (example: cilantro, mint, or parsley)
- Fruit baskets, party trays/platters with dressings/dips, or salad bar
- Nuts, fruit and nut mixtures, dried fruits and vegetables
- Ornamental or decorative fruits or vegetables (example: chili peppers, garlic on a string, gourds or painted pumpkins)
- Salad kits with dressing or other added food items
- With breading, creams, sauces, or special seasoning

CANNED, GLASS JARS, AND PLASTIC CONTAINERS

ALLOWED

- Regular or Organic
- Any brand, variety, or size
- Canned fruit must contain only fruit, be packed in water or fruit juice, and may be in individual fruit cups
- Canned vegetables must contain only vegetables, may be with or without salt, and may have added herbs, seasonings, or spices
- Applesauce with no sugar added and applesauce/fruit blends with no sugar added
- Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, or diced tomatoes
- Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas

✳ NOT ALLOWED

- Added fats, oils, sugars, syrups, artificial sweeteners, meats, pastas, rice, or other grains
- Fruit with added sugar or salt
- Mixed vegetables with legumes/beans
- Pickled vegetables (example: pickles, olives, sauerkraut, banana peppers)
- Creamed vegetables (example: creamed corn, creamed spinach)
- Salsa or Ketchup

Canned beans are a legumes/beans choice and not deducted from your CVB.

Juices

Every store may not carry all WIC approved foods/brands.
Least expensive brand at time of purchase

Health Bite

Juice: good or bad? Small amounts of WIC juice are a good source of Vitamin C. Children under the age of 5 years should not have more than 4 ounces of juice per day.

ALLOWED

- Any brand
- 100% Fruit Juice
- 100% Tomato or Vegetable Juice
- Added calcium

* NOT ALLOWED

- Added sugars or fiber
- Fruit and Vegetable blends
- Glass bottles
- Infant or baby juices
- Juice cocktails
- Flavored fruit juice drinks, sports drinks, or ades

JUICES FOR CHILDREN

Any combination of flavors within the 64 oz single strength 100% juice. May choose shelf-stable or refrigerated juices.

64 oz
Plastic Bottle

64 oz
Carton

JUICES FOR WOMEN

Any combination of flavors within the frozen concentrate or single strength 100% juice.

11-12 oz
Frozen

46-48 oz
Can

46-48 oz
Plastic Bottle

Authorized Representative	Household Number
Name	State ID Number
Name	State ID Number
Name	State ID Number
Name	State ID Number
Name	State ID Number

Appointments/Reminders:

_____

_____

_____

_____

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Local Health Unit Information:

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

October, 2021