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

Banana Apple
Blueberry
Apple Cherry
Apple Peach
Squash
Apple Strawberry
Banana
Apricot Mixed
Fruit
Banana
Banana Apple
Pear
Blackberry
Blueberry
Banana Carrot
Mango
Banana Orange
Medley
Banana Plum
Grape
Mango
Peach
Pear
Pineapple
Pear
Zucchini Corn
Prune Apple

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.

We want to hear from you! Please give us your opinion on the new format of our Authorized Foods List by going to the link below and taking our survey:

https://www.surveymonkey.com/r/RXJDJC9
**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
- Whole Grain Multi-Grain

**Gerber 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.

- Multigrain
- Oatmeal
- Rice
- Whole Wheat

**INFANT FRUITS**

**Earth’s Best Organic brand second foods only;**
4-ounces glass containers only. Only the specific types as listed:

- Apple Apricot
- Apples & Blueberries
- Apples
- Apples & Plums
- Banana Mango
- Bananas
- Pears & Mangos
- Pears & Raspberries
- Pears
- Prunes

**INFANT VEGETABLES**

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

- Butternut Squash
- Carrot
- Carrot Pear Blackberry
- Carrot Mango
- Carrot Sweet Potato Pea
- Green Bean
INFANT VEGETABLES

- Pea
- Pea Carrot Spinach
- Pumpkin
- Pumpkin Banana
- Squash Apple Corn
- Sweet Potato
- Sweet Potato Apple Pumpkin
- Sweet Potato Corn
- Sweet Potato Mango Kale

INFANT MEATS

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

- Chicken & Broth
- Turkey & Broth

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

- Beef and Gravy
- Chicken and Gravy
- Ham and Gravy
- Turkey & Gravy

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

- Carrots
- Corn & Butternut Squash
- Peas
- Sweet Potatoes
- Winter Squash
Meijer brand foods only; 2-4 ounces plastic twin-pack; Only the specific types as listed:

- Apple Strawberry Banana
- Apple Berry Mix
- Mixed Vegetables

Meijer brand foods only; 4 ounces glass containers only. Only the specific types as listed:

- Apple Prune
- Apple Spinach Kale
- Apple Strawberry Banana
- Apple Zucchini
- Banana Blueberry
- Pea Carrot Pea
- Pear Guava
- Pear Zucchini
- Squash Pear Pineapple
- Sweet Potato Banana Orange

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

- Apples
- Apple Banana
- Apple Banana Strawberry
- Apple Berry
- Apple Carrot Mango
- Apple Mango
- Apple Pear Banana
- Apple Sweet Potato
- Bananas
- Mixed Vegetable
- Squash
- Squash Apple Pear

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

- Apples
- Apple Banana
- Apple Banana Strawberry
- Apple Berry
- Apple Carrot Mango
- Apple Mango
- Apple Pear Banana
- Apple Sweet Potato
- Bananas
- Mixed Vegetable
- Squash
- Squash Apple Pear

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

- Apples
- Apple Banana
- Apple Berry Mix
- Mixed Vegetable
- Squash
- Squash Apple Pear
- Spinach with Kale
- Sweet Potato Apple, Carrot & Cinnamon
- Apple, Strawberry & Beet
- Pear, Purple Carrot & Raspberry
**INFANT FRUITS & VEGETABLES**

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

- Apple
- Apple Blueberries
- Apple Mango Kiwi
- Apple Pear Banana
- Banana
- Banana Strawberry
- Corn and Sweet Potatoes
- Garden Vegetables
- Mango
- Mixed Vegetables
- Peach
- Pear
- Pineapple
- Pear and Blueberries
- Pear and Blueberries
- Pear and Avocado
- Peas, Green Beans & Asparagus
- Peas, Green Beans & Asparagus
- Pineapple, Pear & Avocado
- Spinach, Zucchini & Peas
- Sweet Carrots
- Sweet Corn & Green Beans

**INFANT FRUITS & VEGETABLES**

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

- Apple and Blackberries
- Apple and Kale
- Apple, Pumpkin & Cinnamon
- Banana, Blueberries and Green Beans
- Banana, Orange & Pineapple
- Beet, Pear Pomegranate
- Carrot, Sweet Corn & Pumpkin
- Guava, Pear & Strawberries
- Mango
- Mango, Apple & Avocado
- Pear and Avocado
- Pineapple, Pear & Avocado
- Spinach, Zucchini & Peas
- Sweet Corn & Green Beans