



**Department of  
Health**

Women, Infants, and  
Children Program (WIC)

This institution is an equal opportunity provider.

10/2025

701.23

# Authorized Infant Food List



**Department of  
Health**

Women, Infants, and  
Children Program (WIC)

## 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



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.
- 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.



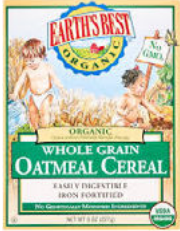
I couldn't buy this!

## 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.

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



Gluten Free Oatmeal Cereal



Oatmeal Cereal



Multigrain Cereal



Rice Cereal

Gerber® Organic Cereal



Oatmeal

## INFANT VEGETABLES



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



Butternut Squash



Carrot



Carrot Mango Pineapple



Carrot Sweet Potato Pea



Green Bean



Pea



Pea Carrot Spinach



Pear Zucchini Corn



Pumpkin



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



Available t 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



Apples & Spinach



Bananas & Strawberries



Bananas & Strawberries



Carrots & Peas



Pears & Prunes

**INFANT FRUITS AND VEGETABLES**



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



Apple Banana  
Strawberry



Apple  
Blueberry



Mixed  
Vegetables



Corn Green  
Beans



Sweet  
Potato Corn



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



Apple  
Strawberry  
Banana



Banana  
Blueberry



Pear Carrot Pea



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



Sweet Potato  
Apple Carrot  
Cinnamon

## INFANT FRUITS AND VEGETABLES



Beechnut Naturals or Organics; 2nd Stage Foods only:



Apple



Apple  
Blueberries



Apple  
Mango  
Kiwi



Banana



Banana  
Strawberries



Mixed  
Vegetables



Pear



Pear  
Pineapple



Pear  
Raspberries



Sweet  
Potato



Sweet  
Carrots



Sweet  
Peas

## INFANT FRUITS AND VEGETABLES



Beechnut Naturals or Organics; 2nd Stage Foods only:



Apple  
Pea  
Kiwi



Apple  
Raspberry  
Avocado



Banana



Mango  
Carrot



Pear  
Mango  
Strawberry



Spinach  
Zucchini  
Peas