



TENNESSEE WIC SHOPPING GUIDE

EFFECTIVE OCTOBER 1, 2019



www.tn.gov/health

**TN WIC CARD
GOES HERE**

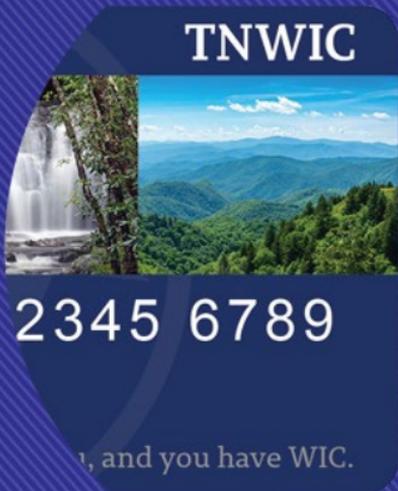


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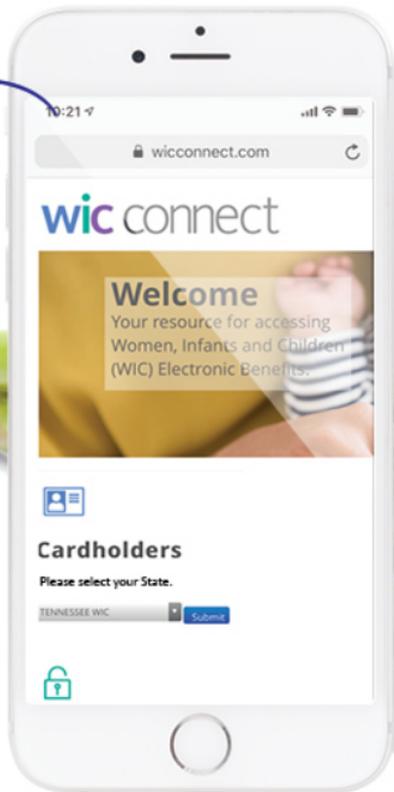
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This Shopping Guide is subject to change without notice based on additions or other changes to products.

WIC SALES STEPS

1. Before shopping, check your TN WIC balance with one of the following tips:
 - a. Go online! Create your account at www.WICConnect.com with the “Cardholders” feature. This will allow you to view your current balance anytime.
 - b. Call the number on the back of your card. They will read your balance to you.
 - c. Ask the store to print a copy of your balance. They will need to swipe your card to do this for you.
 - d. Keep your receipts from your WIC shopping trips. Your remaining balance and the date your current benefits expire will print near the bottom of the receipt each time you shop with your card.





2. Know your PIN for using your TN WIC card.
3. Take your TN WIC Shopping Guide with you to the store.
4. Select your correct WIC-approved items.
 - a. Double check food type and package size matches your benefits.
 - b. You can buy a little or a lot - no need to buy all your food at one time. Remember your benefit cycle and buy as much as you want before the cycle expires.
5. At checkout, many locations do not need you to separate the WIC foods or mention this is a WIC transaction. Ask store staff what their system allows.
 - a. To pay, always swipe your WIC card first!
 - b. Enter your PIN.
 - c. A redemption receipt will print. You may review it to check that all your WIC items will be paid for by WIC.
 - d. When you are satisfied with the redemption receipt, choose "confirm" on the keypad.
 - e. Pay for any remaining balance with SNAP or other form of payment.

FRUITS AND VEGETABLES

All fruits and vegetables are to be purchased with the fruit and vegetable Cash Value Benefits (CVB) except juices, dried beans or peas and canned beans which must be purchased with food benefits.

FRESH FRUITS

ALLOWED:

- Any variety of fresh fruits - whole or cut - without added sugars
- Dried fruit
- Organic

FROZEN FRUITS

ALLOWED:

- Any variety of plain fruits without added sugar, fats, oils or salt (e.g., sodium)
- Any size
- The fruit must be listed as the first ingredient
- Organic

NOT ALLOWED:

- Edible blossoms or flowers (e.g. squash blossoms)
- Dried vegetables
- Ketchups or other condiments, pickled vegetables or olives
- Soups
- Fruit leathers or fruit roll-ups
- Bundled packages of herbs or spices
- Vegetable-grain (pasta or rice mixtures), breaded vegetables or creamed or sauced vegetables





FRESH VEGETABLES

ALLOWED:

- Any variety of fresh vegetables – whole or cut – without added sugars, fats, oils, herbs or spices
- Organic

FROZEN VEGETABLES

ALLOWED:

- Any variety of vegetables without added sugars, fats, oils, breading, herbs or spices
- Any size
- The vegetable must be listed as the first ingredient
- Organic

NOT ALLOWED:

- Fruit/nut mixtures, fruit basket, party trays or fruits or vegetables from salad bars
- Peanuts or other nuts
- Ornamental or decorative fruits or vegetables (e.g. chili peppers on a string, garlic on a string or gourds)
- Foods containing fruits such as blueberry muffins and other baked goods
- Home canned or home preserved fruits and vegetables



WHOLE GRAINS

WHOLE WHEAT/WHOLE GRAIN BREAD, BUNS AND ROLLS

Eligible bread, buns and rolls must have whole wheat or whole grain as the primary ingredient by weight. Whole wheat products must have “whole wheat flour” and/or “bromated flour” as the only flours listed in the ingredients. Whole grain products must be labeled as a “whole grain food with moderate fat content”.

SIZE: 16 oz only

WAYS TO BUY WHOLE GRAINS



16 OZ PACKAGE OF SANDWICH BUNS

-or-



16 OZ LOAF OF BREAD

-or-



16 OZ TORTILLAS

-or-



16 OZ BROWN RICE

-or-



16 OZ WHOLE WHEAT PASTA



ARNOLD/OROWHEAT SELECT

- 100% Whole Wheat Hamburger Buns
- 100% Whole Wheat Hot Dog Buns



BIMBO

- 100% Whole Wheat Bread



BUNNY

- 100% Whole Wheat Bread



HOLSUM

- 100% Whole Wheat Bread



HEALTHY LIFE

- Soft Style 100% Whole Wheat Sandwich Buns
- Soft Style 100% Whole Wheat Hot Dog Buns



NATURE'S OWN

- 100% Whole Wheat Bread with Honey



PEPPERIDGE FARM

- Very Thin 100% Whole Wheat Bread
- Stone Ground 100% Whole Wheat Bread



ROMAN MEAL

- Sungrain 100% Whole Wheat Bread





SARA LEE

- Classic 100% Whole Wheat Bakery Bread
- 100% Whole Wheat Soft & Smooth Hamburger Buns
- 100% Whole Wheat Soft & Smooth Hot Dog Buns



WONDER

- 100% Whole Wheat Soft Bread

100% WHOLE WHEAT STORE BRAND/Private Label



BEST CHOICE



FOOD LION



FIT ACTIVE



KERN'S

(Food City)



KROGER



LEWIS



SIMPLY BALANCED



SIMPLY NATURE

**NOT ALLOWED:**

- Breads from in-store bakery
- Sugar-free
- Swirls such as cinnamon or honey
- Added fruit or nuts (e.g. raisins)
- English muffins or bagels
- Labeled organic



TORTILLAS

Eligible tortillas must have wheat or corn as the primary ingredient by weight. Whole wheat products must have whole wheat flour as the only flour listed in the ingredients.

SIZE: 16 oz only

100% CORN TORTILLAS

ANY corn tortilla with corn as the primary ingredient by weight.

100% WHOLE WHEAT TORTILLAS



AZTECA



BEST CHOICE

- Soft Taco Size
- Fajita Style



CELIA'S



CHI CHI'S

- Fajita Size



DON PANCHO



FIT ACTIVE



FOOD CLUB



GREAT VALUE



GUERRERO



HERDEZ



IGA



KROGER



LA BANDERITA

- Fajita Size
- Soft Taco Size



Laura LYNN



MARKET PANTRY



MI CASA



MISSION

- Restaurant Style
- Fajita Style
- Soft Taco Size



MY ESSENTIAL



ORTEGA



TIO SANTI

(Save-A-Lot)



100% WHOLE WHEAT PASTA

Eligible macaroni (pasta) products must have “whole wheat flour” and/or “whole durum wheat flour” as the only flours listed in the ingredients. Other shapes and sizes that meet these requirements (e.g., whole wheat rotini and whole wheat penne) are also allowed.

SIZE: Only 16 oz



ALLEGRA

- Spaghetti



AMERICA'S CHOICE

- Spaghetti



BARILLA

- Elbows
- Linguine
- Medium Shells
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti



FOOD CLUB

- Penne Rigate
- Spaghetti



GIA RUSSA

- Angel Hair
- Linguine
- Penne Rigate
- Roman Rigatoni
- Rotini
- Spaghetti



GREAT VALUE

- Elbow Macaroni
- Linguine
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti



HODGSON MILL

- Angel Hair
- Elbow
- Spaghetti
- Thin Spaghetti
- Spirals



KROGER

- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



LAURA LYNN

- Penne
- Rotini
- Spaghetti



RONZONI HEALTHY HARVEST

- Linguine
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti

NOT ALLOWED:

- Added sugar, fats, oils or salt (e.g., sodium)

OTHER WHOLE UNPROCESSED GRAINS

SIZE: Only 16 oz

BRANDS: Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or salt.

ALLOWED:

- Instant, quick or regular cooking

NOT ALLOWED:

- Pearled barley
- Organic



COLD CEREAL

Cereal with added pieces such as nuts or clusters is not recommended for children under 3.

SIZE: Minimum 11 oz box or bag

GENERAL MILLS



Cheerios*



Multi-Grain*



Fiber One
Honey Clusters*



Berry Berry Kix*



Honey Kix*



Kix*



Wheaties*



Whole Grain Total*



Dora the
Explorer



Blueberry
Chex



Cinnamon
Chex



Corn Chex



Rice Chex



Vanilla Chex



Wheat Chex*



Go Lean

KASHI



KELLOGG'S



All-Bran Complete Wheat Flakes



Corn Flakes



Crispix



Frosted Blueberry



Frosted Little Bites*



Frosted Original*



Frosted Raisin in the Middle



Frosted Raspberry in the Middle



Unfrosted Bite Size*



Product 19



Rice Krispies



Special K (Original, Protein and Gluten Free)

MALT-O-MEAL



Crispy Rice



Corn Flakes



Blueberry Mini-Spooners*



Frosted Mini-Spooners*



Strawberry Cream Mini-Spooners*



Oat Blenders with Honey



Oat Blenders with Honey and Almonds



Scooters

POST



Banana Nut
Crunch*



Grape Nuts
The Original*



Grape Nut
Flakes*



Bran
Flakes*



Honey Bunches
of Oats
Whole Grain
Honey Crunch



Honey Bunches
of Oats
Almonds



Honey Bunches
of Oats
Cinnamon
Bunches



Honey Bunches
of Oats Honey
Roasted



Honey Bunches
of Oats Whole
Grain Almond
Crunch*



Honey Bunches
of Oats Whole
Grain Vanilla
Bunches*

SUNBELT BAKERIES



Simple Granola
Whole Grain*

QUAKER



Life -
Original*



Oatmeal Squares
Brown Sugar*



Oatmeal
Squares
Cinnamon



Oatmeal
Squares
Golden Maple



Oatmeal
Squares
Honey Nut

STORE BRAND/PRIVATE LABEL

Eligible varieties include Corn Flakes, Crispy Rice, Toasted Oats, Frosted Shredded Wheat, Bran Flakes, Honey Oat Clusters, Honey Oat Clusters with Almonds.



ALWAYS SAVE



BEST CHOICE



BETTER VALU



ESSENTIAL EVERYDAY



FOOD CLUB



FOOD LION



GREAT VALUE



HOSPITALITY



HY-TOP



IGA



KIGGINS

(Save-A-Lot)



KROGER



LAURA LYNN

(Ingles)



MADAME GOUGOUSSE



MARKET PANTRY

(Target)



MICHEL



MILLVILLE



MY ESSENTIALS



PARADE



PIGGLY WIGGLY

PUBLIX
PUBLIX



RALSTON



SHURFINE



SIMPLY NATURE



THAT'S SMART



VALU TIME



HOT CEREAL

Cereal with added pieces such as nuts or clusters is not recommended for children under 3.

SIZE: Minimum 11 oz box or bag

CREAM OF WHEAT



Regular
1 Minute



Regular
2½ Minute



Regular
10 Minute



Original
Box of 12
(1 oz packs)



Whole Grain
1 Minute*



Whole Grain
2½ Minute*

CREAM OF RICE



Regular



Instant

*Indicates Whole Grain

**MALT-O-MEAL**

Original



Chocolate

CoCo
Wheats**QUAKER**Original*
Box of 12
(.98 oz packs)Original
Box or Box of 12
(1 oz packs)Butter
Box of 12
(1 oz packs)Quick 5
Minute



STORE BRAND/PRIVATE LABEL

Best Choice

BEST CHOICE

- Creamy Wheat Farina
- Instant Grits
(original and butter)
- Regular Flavor
Instant Oatmeal*

Food Club

FOOD CLUB

- Instant Regular Oatmeal*
- Instant Grits
(original and butter)
- Instant Oatmeal
Original Flavor*



FOOD LION

- Instant Regular Oatmeal*
- Instant Grits
(original and butter)

Great Value

GREAT VALUE

- Instant Grits
(original and butter)

*Indicates Whole Grain



HY-TOP

- Regular Instant Oatmeal*



IGA

- Instant Regular Oatmeal*



KROGER

- Instant Oatmeal
Regular Flavor*
- Instant Grits
(original and butter)



Laura LYNN

- Instant Grits
(original and butter)



MARKET PANTRY

- Original Instant Oatmeal*



PARADE

- Regular Instant Oatmeal*



PIGGLY WIGGLY

- Instant Oatmeal Original*
- Instant Grits Original
- Instant Butter Grits

Publix.

PUBLIX

- Original Instant Oatmeal*



RALSTON

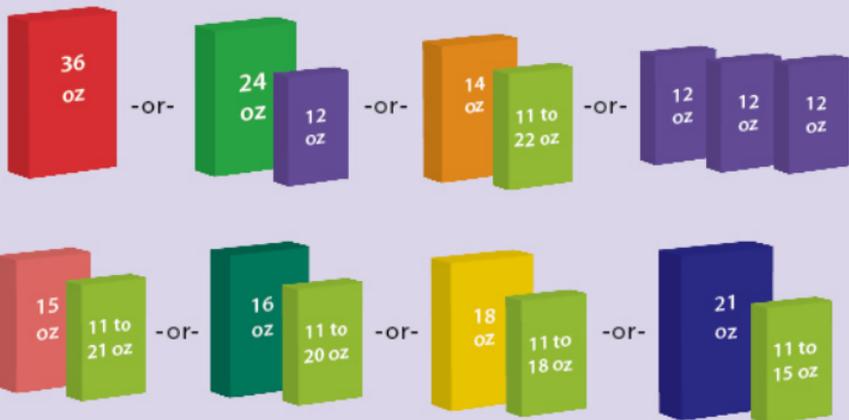
- Instant Regular Oatmeal*
- Creamy Wheat Farina



SHURFINE

- Instant Oatmeal*
- Instant Grits Original

WAYS TO BUY CEREAL



MILK

As listed on benefit statement

SIZE: As listed on benefit statement

BRANDS: Any brand

ALLOWED:

- Fat free (skim)
- Lowfat (1%)
- Sweet acidophilus (1%)
- Reduced fat (2%) *(See benefits)*
- Whole *(See benefits)*
- Lactose-free
- Ultra-high temperature (UHT)
- Nonfat dry powdered
- Evaporated milk
 - Lowfat
 - Whole
- Buttermilk

NOT ALLOWED:

- Chocolate milk
- Non-dairy beverages *(except when soy beverage is on benefits)*
- Organic



SOY BEVERAGE

As listed on benefit statement

ALLOWED:

- Organic



GREAT VALUE

- Original
(refrigerated
half-gallons)



8TH CONTINENT

- Original
- Vanilla
(refrigerated
half-gallons)



PACIFIC NATURAL

- Ultra Soy Original
(non-refrigerated quarts)



SILK

- Soymilk Original
(refrigerated
half-gallons and
2 packs)

CHEESE



Must purchase store brand or private label only unless the store has no store brand cheese available.

SIZE: 8 or 16 oz package

ALLOWED:

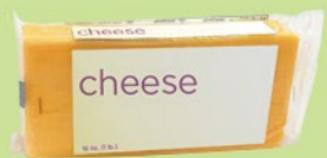
- Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Process American, Provolone and Swiss
- Block, cubed, shredded, stick, string
- Sliced, including individually wrapped, if not listed as cheese food, cheese product or imitation cheese
- Blended cheeses of any of the above
- Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol

NOT ALLOWED:

- Added ingredients or seasonings
- Flavored cheeses such as smoked
- Cheese food, spread or product
- Imitation cheese
- Imported cheese
- Cheese from store deli or cheese shop
- Organic

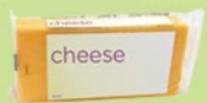


WAYS TO BUY CHEESE

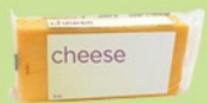


1 POUND OF CHEESE
(16 oz)

=



½ POUND OF CHEESE
(8 oz)



½ POUND OF CHEESE
(8 oz)

YOGURT

SIZE: 32 oz

LOWFAT AND NON-FAT

ACTIVIA

- Black Cherry
- Blackberry/Blueberry Fusion
- Blueberry
- Cherry/Vanilla Fruit Fusion
- Coconut/Pineapple
- Mixed Berry
- Peach
- Peach Lactose Free
- Peach/Mango Fruit Fusion
- Prune
- Strawberry
- Strawberry Banana
- Vanilla
- Vanilla Lactose Free

CHOBANI GREEK YOGURT

- Non-fat Greek Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Peach
- Plain
- Strawberry
- Strawberry Banana

DANNON

- Lowfat Plain
- Lowfat Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Non-fat Strawberry Banana



Go-GURT

- Avengers
- Berry Strawberry
- Cookies N' Cream
- Cotton Candy
- Finding Dory
- Frozen
- Guardians of the Galaxy
- Jolly Rancher
- Lowfat Blueberry
- Melon Berry
- Ninja Turtle
- Paw Patrol
- Raspberry
- Scooby Doo
- Simply Gogurt Strawberry
- Sour Patch Kids
- Spongebob
- Strawberry Berry
- Strawberry Punch
- XL Peach
- XL Strawberry





- Lowfat Mixed Berry
- Mango
- Peach
- Pina Colada
- Strawberry
- Strawberry Banana



- Fat Free Greek Plain
- Non-fat Vanilla
- Plain 0%
- Triple Zero Vanilla
- Vanilla 0%



- Fat Free Greek



- Plain Lowfat



- Blueberry
- Fat Free Original Plain
- Finding Dory
- Greek 100 Fat Free Plain
- Greek 100 Vanilla
- Guardians of the Galaxy
- Harvest Peach
- Lowfat Original Vanilla
- Paw Patrol
- Scooby Doo
- Spongebob
- Strawberry
- Strawberry Banana
- Strawberry Berry
- Strawberry Blueberry
- Vanilla

WAYS TO BUY YOGURT



ONE 32 OZ TUB

=



TWO PACKS OF FOUR 4 OZ CUPS

=



ONE PACK OF EIGHT
4 OZ CUPS



ONE PACK OF FOUR 4 OZ CUPS AND
ONE PACK OF EIGHT 2 OZ TUBES

=



ONE PACK OF SIXTEEN
2 OZ TUBES

=



TWO PACKS OF EIGHT
2 OZ TUBES

STORE BRAND/PRIVATE LABEL

Best Choice.

BEST CHOICE

- Greek Non-fat Plain
- Greek Non-fat Vanilla
- Lowfat Strawberry
- Lowfat Vanilla
- Plain Non-fat



COBURN FARMS

(Save-A-Lot)

- Greek Non-fat
- Lowfat Plain
- Lowfat Vanilla
- Vanilla Greek Non-fat



CROWLEY

- Fat Free Vanilla
- Lowfat Plain



ESSENTIAL EVERYDAY

(Supervalu)

- Blended Vanilla



FOOD CLUB

- Blended Lowfat Strawberry
- Blended Lowfat Vanilla
- Greek Non-fat Plain
- Greek Non-fat Strawberry
- Plain



FOOD LION

- Greek Non-fat Plain
- Greek Non-fat Vanilla
- Lowfat Vanilla
- Non-fat Plain



FRIENDLY FARMS

- Plain
- Vanilla Greek Non-fat



GREAT VALUE

(Walmart)

- Greek Non-fat Plain
- Greek Non-fat Strawberry
- Greek Non-fat Vanilla
- Lowfat Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Non-fat Vanilla
- Peach
- Strawberry
- Strawberry Banana



KROGER

- Greek Plain
- Lowfat Plain
- Non-fat Plain
- Vanilla



Laura LYNN

(Ingles)

- Greek Vanilla
- Lowfat Peach
- Lowfat Strawberry
- Lowfat Vanilla
- Non-fat Plain
- Non-fat Plain Greek



MARKET PANTRY

- 1% Vanilla
- Non-fat Plain



MORNING FRESH FARMS

- Lowfat Vanilla
- Non-fat Plain

Simply
balanced.

SIMPLY BALANCED

- Plain Greek Non-fat
- Vanilla Greek

taste of
Inspirations

TASTE OF INSPIRATIONS

- Greek Non-fat Vanilla
- Plain

WHOLE FAT



- Plain Natural
- Whole Milk Strawberry
- Whole Milk Vanilla



- Plain



- Plain

STORE BRAND/PRIVATE LABEL



FOOD CLUB

- Greek Whole Milk Vanilla



GREAT VALUE

- (Walmart)
- Greek Whole Milk



KROGER

- Plain
- Vanilla



FOOD LION

- Greek Whole Milk Plain



KAROUN DAIRIES

- Plain



TAZAH

- Plain

TOFU

As listed on benefit statement

SIZE: 16 oz packages

ALLOWED:

- Organic



NASOYA

- Silken
- Super Firm



AZUMAYA

- Extra Firm
- Silken



GREENWISE

- Silken



HOUSE FOODS

- Firm



NOT ALLOWED:

- Added fats, sugars, oils or sodium
- Seasoned Tofu

EGGS

SIZE: One dozen carton

ALLOWED:

- Large Grade A White

NOT ALLOWED:

- Brown
- Specialty (includes organic)
- Dried eggs mix
- Hard boiled





CANNED FISH FOR WOMEN WHO FULLY BREASTFEED*

SIZE: 30 oz

ALLOWED:

- Chunk Light Tuna - Any brand, packed in water or oil (5 oz.)
- Pink Salmon - Any brand, packed in water or oil (14.75 oz.)
- Mackerel (15 oz.)
- Sardines (3.75 oz. - added flavorings allowed)

NOT ALLOWED:

- Albacore tuna
- Tuna spreads
- Any other type of salmon
- Lunch packs

**and others as allowed*

MIX & MATCH CANNED FISH UP TO 30 OZ



SIX 5 OZ CANS

- or -



TWO 15 OZ CANS



EIGHT 3.75 OZ CANS

- or -



TWO 14.75 OZ CANS

- or -



ONE 15 OZ CAN AND THREE 5 OZ CANS

PEANUT BUTTER



Peanut butter is not provided nor recommended for children under 2 years old.

SIZE: 16 - 18 oz jar in glass or plastic

ALLOWED:

- Creamy (*smooth*) or chunky (*crunchy*)
- Refrigerated or non-refrigerated
- Salted or unsalted
- Added vitamins

NOT ALLOWED:

- Reduced fat
- Peanut butter spreads
- Added marshmallows, honey, jelly, chocolate or similar ingredients
- Store ground
- Organic

CANNED BEANS

SIZE: 15 - 16 oz can

BRANDS: Any brand and variety of plain beans including black-eyed peas, crowder peas, garbanzo (chick peas) and purple hull peas.

ALLOWED:

- Added sugar
- Reduced sodium

NOT ALLOWED:

- Corn Syrup
- Green peas
- Green beans
- Lima beans
- Snap beans
- Yellow beans
- Wax beans
- Added meat, sauces, spices, vegetables or fruits
- Soups
- Organic

DRIED BEANS/PEAS

SIZE: 16 oz bag

ALLOWED:

- Plain dry beans, peas or lentils

Varieties include, but are not limited to:

- Black beans
- Black-eyed peas
- Fava and mung beans
- Garbanzo beans (*chickpeas*)
- Great Northern beans
- Kidney beans
- Mature lima beans (*butter beans*)
- Pinto beans
- Soy beans/edamame
- Split peas and lentils
- White beans (*navy and pea beans*)

NOT ALLOWED:

- Seasoning packets
- Organic



WAYS TO BUY BEANS



ONE 16 OZ BAG OF DRIED BEANS

=



FOUR 15-16 OZ CANS
OF CANNED BEANS

ALL JUICE

ALLOWED:

- Calcium fortified
- Blends
- Labeled 100% juice and at least 120% Daily Value (DV) of Vitamin C
- Refrigerated orange juice in 64 or 128 oz bottles

NOT ALLOWED:

- Sweetened juices, fruit drinks or juice cocktails
- Organic
- Added spices



JUICE FOR WOMEN

11.5/12 OZ FROZEN CANS

Makes 48 oz



ANY BRAND
Orange



ANY BRAND
White Grapefruit
Ruby Red Grapefruit
Pink Grapefruit



ALWAYS SAVE
Apple



BEST CHOICE
Apple



DOLE
Pineapple Orange
Pineapple Orange
Banana



FOOD CLUB
Grape



FOOD LION
Apple



FREEDOM'S CHOICE
Apple



GREAT VALUE
Apple
Grape

**HY-TOP**

Apple

**KROGER**

Apple

Grape

Pineapple

Pineapple Orange

**MARKET PANTRY**

Apple

**OLD ORCHARD**

Apple

Apple Cherry

Apple Kiwi Strawberry

Apple Raspberry

Berry Blend

Cranberry Blend

Cranberry Raspberry

Grape

Pineapple

Pineapple Orange

White Grape

**PARADE**

Apple

**SENECA**

Apple

**SHURFINE**

Apple

**TIPTON GROVE**

Apple

**TREETOP**

Apple

**VALU TIME**

Apple

**WELCH'S**

Grape

White Grape

White Grape Peach

White Grape Raspberry



48 OZ PLASTIC BOTTLE



ANY BRAND
Orange



ANY BRAND
White Grapefruit
Ruby Red
Grapefruit
Pink Grapefruit



CUTIES
Tangerine
Tangerine Orange
Pineapple



HARVEST CLASSIC
Apple



JUICY JUICE
All flavors



LUCKY LEAF
Apple



MARKET PANTRY
Grape



NORTHLAND
Cranberry



PARADE
Apple
Grape
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Vegetable
White Grape



PIGGLY WIGGLY
Apple



RUBY KIST
Grape
Pineapple



SHURFINE
Apple
Grape



SENECA
Apple



WELCH'S
Grape (also 96 oz)
White Grape

96 OZ PLASTIC BOTTLE **APPLE & GRAPE**

Best Choice
Food Lion
Great Value
Old Orchard



JUICE FOR CHILDREN

64 OZ PLASTIC BOTTLE



ANY BRAND

Orange *(also 128 oz)*



ANY BRAND

White Grapefruit
Ruby Red Grapefruit
Pink Grapefruit



ALWAYS SAVE

Apple
Grape



ARCHER FARMS

Apple Cider



BEST CHOICE

Apple *(also 128 oz)*
Apple Cider
Berry
Cherry
Grape
Pineapple
Punch
Tomato
Vegetable
White Grape



CAMPBELL'S TOMATO JUICE

Regular
Low Sodium



DELSEA FARMS

Granny Smith Apple
Honey Crisp Apple



**DIANE'S GARDEN**

Vegetable

**ESSENTIAL EVERYDAY**

Apple

**FOOD CLUB**Apple *(also 128 oz)*

Cherry

Cranberry

Cranberry Grape

Grape

Pineapple

Tomato

Vegetable

White Grape

**FOOD LION**

Apple

Berry Blend

Cherry

Fruit Punch

Grape

Grapefruit

Tomato

White Grape

White Grape Peach

**GREAT VALUE**

Apple

Cranberry Blend

Cranberry Grape

Grape

Tomato

Vegetable

White Grape

White Grape & Peach

**HY-TOP**Apple *(also 128 oz)*

Grape

Tomato

Vegetable

White Grape

**IGA**Apple *(also 128 oz)*

Grape

White Grape

**INDIAN SUMMER**Apple *(also 128 oz)*



JUICY JUICE

All Flavors
(also 128 oz)
Apple
Fruit Punch
Kiwi Strawberry



KROGER

Apple (also 128 oz)
Cranberry
Grape
Low Sodium Vegetable
Orange Pineapple
Pineapple
Spicy Vegetable
Vegetable
White Grape
White Grape Peach



LANGER

Apple
Apple Cranberry
Apple Grape
Apple Orange
Pineapple
Cranberry Plus
Harvest Apple Plus
Pineapple



LAURA LYNN

8 Vegetable
Apple
Apple with Calcium
Cranberry
Grape
Low Sodium 8 Vegetable
Low Sodium Tomato
Tomato
White Grape
White Grape Peach



LIBBY'S

Pineapple



LUCKY LEAF

Apple



MARKET PANTRY

Apple (also 128 oz)
Grape
Tomato
White Grape



MOTT'S

Apple Original (also 128 oz)
Apple Cherry
Apple White Grape



MR. PURE
Apple



MUSSELMAN'S
Apple



NATURE'S NECTAR
Apple
Berry Burst
Cherry
Fruit Punch
White Grape



NORTHLAND
Blueberry
Blackberry Acai
Cranberry
Cranberry
Blackberry
Cranberry Blueberry
Cranberry Grape
Cranberry
Pomegranate
Cranberry
Raspberry
Pomegranate
Blueberry
Purple Power



OLD ORCHARD
Apple
Apple Cranberry
Berry Blend
Black Cherry
Cranberry
Blueberry
Pomegranate
Cranberry
Pomegranate
Grape
Peach Mango
Wild Cherry



PARADE
Apple
Grape
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Vegetable
White Grape



PIGGLY WIGGLY
Apple (also 128 oz)
Grape
White Grape



**PUBLIX**

Apple (also 128 oz)
Grape
Premium Apple
Premium Unfiltered
Apple

**SAM'S CHOICE**

Apple

**SENECA**

Apple

**SHURFINE**

Apple (also 128 oz)
Cranberry Apple
Cranberry
Grape
Tomato
Vegetable
White Grape

**THAT'S SMART**

Grape

**TIPTON GROVE**

Apple
Cranberry
Grape

**TREE TOP**

Apple
Apple Berry
Apple Cranberry
Apple Grape
Pineapple Orange

**V8 100%
VEGETABLE JUICE**

Original
Low Sodium
Spicy Hot



VALU TIME
Grape



WELCH'S
Antioxidant Tropical Trio
Grape
White Grape
Red Grape
Super Oxidant Super Berry
White Grape



WHITE HOUSE
Apple (also 128 oz)
Natural Apple
Premium Apple (128 oz only)

INFANT FOOD

INFANT CEREAL

SIZE: 8 or 16 oz container

ALLOWED:

- Regular or whole wheat/whole grain



BEECHNUT



GERBER



HOME 360



KROGER



PARENT'S CHOICE



TIPPY TOES

NOT ALLOWED:

- Added ingredients such as infant formula, milk, fruit or other non-cereal ingredients
- Organic
- With DHA/ARA



BREASTFEEDING BENEFITS!

Breastfeeding is a priority of the WIC Program! It provides many health, nutritional, economical and emotional benefits to mother and baby.

- ✓ Breastfeeding moderates your infant's weight gain which can lead to better health when your child is older!
- ✓ Breastfeeding over time lowers breast cancer risk!
- ✓ Breastfeeding moms and infants get support to meet their breastfeeding goals!
- ✓ Breastfeeding moms and infants get more foods from WIC!



INFANT FORMULA

- ✓ If your baby is formula fed, see your benefits statement for the brand and type allowed.
- ✓ Follow formula mixing and storage instructions carefully!
- ✓ WIC provides some baby food and formula, but you may need to purchase additional baby food and formula to meet your baby's needs in a benefit period.

INFANT VEGETABLES

SIZE: 4 - 5 oz glass jars or plastic containers

ALLOWED:

- 2nd Stage (4 oz)
- 3rd Stage (5 oz)
- Single or mixed ingredients



BEECHNUT



GERBER
(twin packs)



TIPPY TOES

INFANT FRUITS

SIZE: 4 - 5 oz glass jars or plastic containers

ALLOWED:

- 2nd Stage (4 oz)
- 3rd Stage (5 oz)
- Single or mixed ingredients



BEECHNUT



GERBER
(twin packs)



TIPPY TOES

NOT ALLOWED FOR VEGETABLES OR FRUITS:

- With added sugars, starches or sodium
- With added cereal
- Any desserts (like fruit cobbler)
- Organic
- With DHA/ARA



INFANT MEATS FOR FULLY BREASTFED INFANTS

SIZE: 2.5 oz jars

ALLOWED:

- Single ingredient of meat or poultry with added broth or gravy



BEECHNUT
1st stage



GERBER
2nd stage



TIPPY TOES
2nd stage

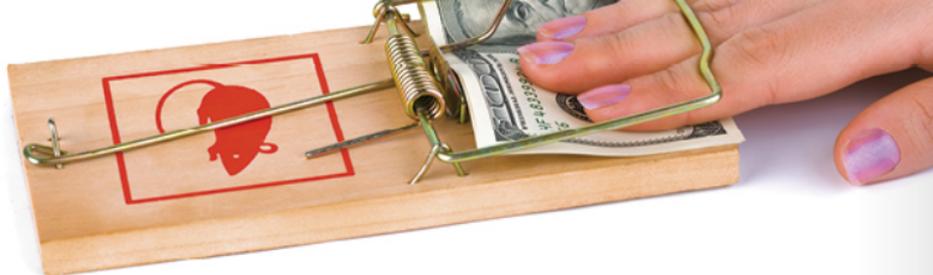
NOT ALLOWED:

- With added sugars or sodium
- Any combinations (like meat and vegetables)
- Any infant dinners (like spaghetti and meatballs)
- Organic
- With DHA/ARA

HOW MANY JARS IS THAT?

OUNCES	4 OZ. JAR	4 OZ. TWO-PACK
128	32	16
96	24	12
64	16	8
32	8	4





DON'T FALL FOR THE TRAP!

Buying, selling or trading WIC benefits is **ILLEGAL!**

If you buy, sell, trade or give away your WIC foods, you may:

- × **BE CHARGED WITH FRAUD**; and/or
- × **REPAY IN CASH** the value of the food/formula benefits; and/or
- × **LOSE YOUR BENEFITS** from the WIC Program.

ABSOLUTELY NO:

- ⊘ **TRADING** ⊘ **CASH** ⊘ **GARAGE SALES**
- ⊘ **facebook.** ⊘ **ebay** ⊘ **craigslist**
- ⊘ **OTHER ONLINE MARKETPLACES**

QUESTIONS?

Just call 1-800-342-5942 or contact your local WIC clinic.



SHOPPING TIPS

GET THE MOST FOR YOUR MONEY

- Use coupons. Most stores feature weekly specials.
- Buy store brands.
- No need to buy everything on your benefits at once.
- If you do not want an item you do not have to buy it.
- Foods can only be purchased during the valid benefit period. Any remaining foods expire on the last day of the benefit period.
- Rain checks for out-of-stock items are not allowed.
- Keep your receipts to know your balance or help solve issues.

WE ARE HERE TO HELP!

Tennessee Breastfeeding Hotline 24/7

855-423-6667
855-4BFMOMS

Tennessee Tobacco QuitLine

1-800-784-8669
1-800-QUIT-NOW

Tennessee Poison Center

1-800-222-1222

Tennessee Parent Helpline 24/7

1-800-CHILDREN
1-800-244-5373

Tennessee Crisis Line

1-855-274-7471

Tennessee WIC Program

1-800-DIAL-WIC
1-800-342-5942

NOTIFY THE WIC OFFICE IF YOU:

- are unable to keep a scheduled appointment.
- have your baby!
- need help or support with breastfeeding.
- are unable to purchase WIC foods.
- have any problems or concerns about the store.
- have questions about WIC services.
- are moving out of Tennessee.

CONTACT YOUR LOCAL WIC AGENCY AT:



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