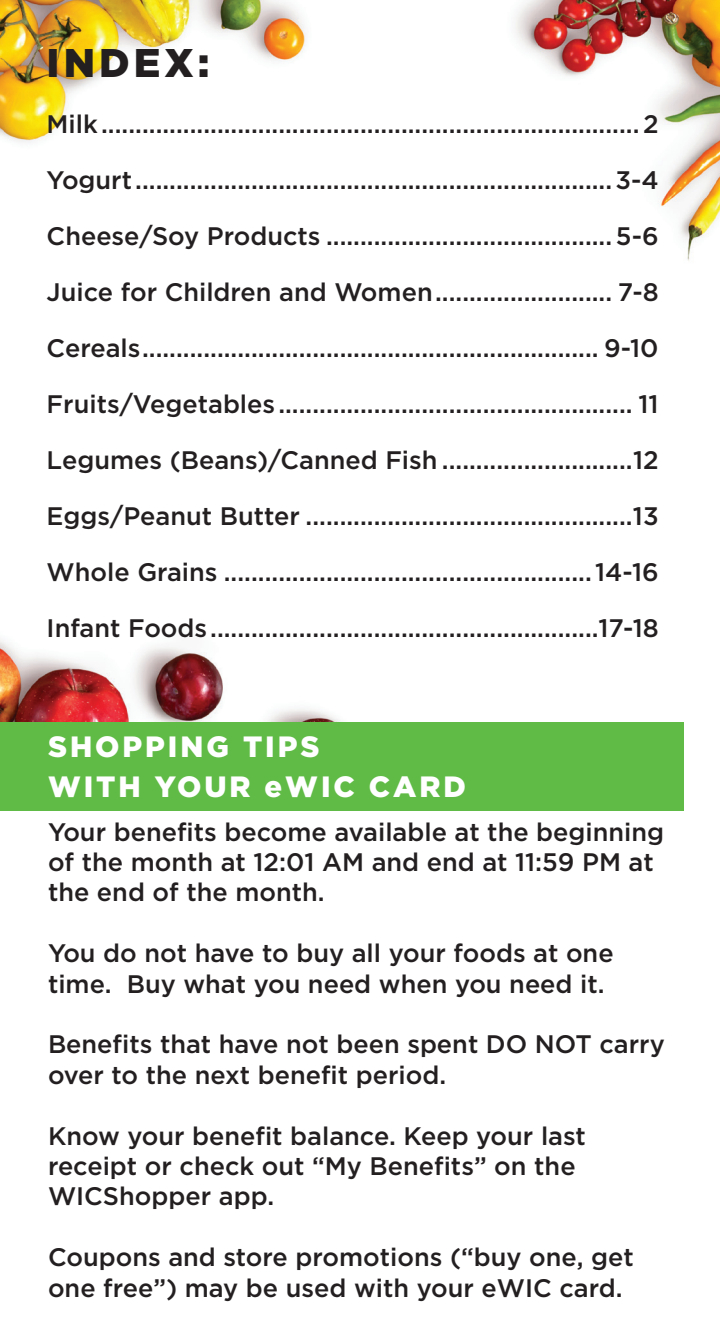




# PENNSYLVANIA WIC FOOD LIST & SHOPPING GUIDE

EFFECTIVE OCTOBER 1, 2024  
THRU SEPTEMBER 30, 2025





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## SHOPPING TIPS WITH YOUR eWIC CARD

Your benefits become available at the beginning of the month at 12:01 AM and end at 11:59 PM at the end of the month.

You do not have to buy all your foods at one time. Buy what you need when you need it.

Benefits that have not been spent DO NOT carry over to the next benefit period.

Know your benefit balance. Keep your last receipt or check out “My Benefits” on the WICShopper app.

Coupons and store promotions (“buy one, get one free”) may be used with your eWIC card.

## AT CHECKOUT:

- 1** Foods being purchased with your eWIC card must be included on your WIC benefit balance.
- 2** Before any foods are scanned, tell the cashier you are using an eWIC card.
- 3** Insert your card into the card reader and follow the directions. The system will ask you to enter your PIN.
- 4** The cashier scans items to confirm they are WIC-approved and are included within your family's benefits.
- 5** You must review and approve what you want to purchase before the sale is final. The cashier should have you review the redemption receipt before you approve the purchase.
- 6** **Do NOT pull your card out until the system tells you to!**
- 7** The foods that you purchase will be removed from your eWIC card and you will get a WIC ending balance receipt that shows what is remaining.
- 8** Always keep your WIC receipts if you have any issues at the store OR if you do not have the WICShopper app downloaded. The ending balance receipt shows your family's available foods. The WICShopper app takes 48 hours to update.
- 9** Make sure to keep all your receipts if you have any issues at the store. The WIC clinic will need to see them!

## **eWIC CARD SECURITY**

- **Protect your card. Keep it safe!**
- **Memorize your PIN.**
- **Do NOT give your PIN to anyone other than your trained WIC Proxy.**
- **Do NOT throw your eWIC card away when you have used all your benefits.**
- **If your card is lost or stolen or does not work at the store, contact your local WIC clinic.**



# MILK

## GALLONS OR HALF GALLONS

### ANY BRAND

Low fat (1% or 1/2%) or Skim, unless Whole milk or Reduced Fat (2%) is on your WIC benefit balance. Acidophilus milk is allowed. Kefir and UHT milk is allowed only if you have a quart listed on your WIC benefit balance.

### EXCEPTION:

You may buy a single quart of milk only if it is listed on your WIC benefit balance.



Lactose free, kosher, evaporated or dry milk can be purchased if it is on your WIC benefit balance.

### CANNOT BUY:

Flavored Milk, Buttermilk, Goat's Milk, Organic Milk, Milk in glass bottles, Ultra-filtered milk

#### Milk with added:

*Calcium, Protein, Plant sterols, Vitamin C, Omega-3s*

### NUTRITION FACT

*Serve fat free (skim) or lowfat (1%) milk, cheese or yogurt at meals and snacks.*















*They're packed with vitamins, minerals and protein for strong bones, teeth and muscles.*

# YOGURT
















## 32 OZ. CONTAINERS ONLY

TYPE SPECIFIED ON WIC BENEFIT BALANCE -  
WHOLE FAT, LOWFAT OR NONFAT

### WHOLE FAT

 Plain	 Greek Plain	 Greek Plain	 Plain, Maple, Vanilla	 Plain, Vanilla, Strawberry
 Greek Plain	 Greek Vanilla, Greek Plain	 Greek Plain	 Plain, Greek Plain, Vanilla	 Plain, Vanilla, Strawberry
 Plain	 Greek Plain	 Greek Vanilla, Greek Plain, Plain	 Plain	 Probiotic Plain, Greek Plain

### LOW FAT

 Vanilla	 Peach, Strawberry, Strawberry Banana, Vanilla	 Plain, Vanilla, Greek Plain	 Plain, Strawberry	 Plain, Vanilla
 Strawberry, Vanilla	 Greek Vanilla, Plain	 Plain, Mango, Strawberry, Vanilla	 Plain, Vanilla Greek Plain	 Greek Plain
 Plain, Vanilla, Greek Vanilla	 Plain, Strawberry	 Greek Plain	 Plain, Strawberry	
 Kids (8-4oz) - All Flavors				







## NON FAT

 Plain, Greek Plain, Greek Vanilla	 Plain	 Greek Plain, Greek Strawberry, Greek Vanilla	 Light & Fit: Vanilla, Strawberry, Greek Vanilla	 Plain, Greek Plain
 Plain, Greek Plain, Greek Vanilla	 Plain, Vanilla, Greek Vanilla, Greek Plain	 Greek Plain, Greek Vanilla	 Plain	 Plain, Greek Plain, Greek Strawberry, Greek Vanilla
 Plain, Vanilla Bean, Greek Vanilla	 Greek Plain, Greek Vanilla	 Plain, Vanilla, Greek Strawberry, Greek Vanilla, Greek Plain	 Plain, Greek Vanilla, Greek Plain, Vanilla	 Greek Plain, Greek Vanilla
 GoGurt (1 box*16-2oz tubes OR 2 boxes*8-2oz tubes) All flavors except Strawberry/Tropical.				

## KOSHER NON FAT YOGURT

MUST BE LISTED ON WIC BENEFIT BALANCE

 Yogolite Coffee, Strawberry, Plain, Vanilla	
 Plain, Vanilla, Coffee, Greek Cappuccino, Greek Plain, Greek Strawberry, Greek Vanilla	
 Plain	 Plain



## CANNOT BUY:

Yogurts with mix-in ingredients such as:  
*Granola, Candy Pieces, Honey, Nuts.*

*Organic, Drinkable yogurts, Yogurts with  
 non-nutritive sweeteners.*

# CHEESE

8 OR 16 OZ. PACKAGES ONLY

## ANY BRAND

American Cheese, (Pasteurized Process)  
Cheddar, Cheddarella, Colby (Longhorn),  
Cojack, Monterey Jack, Mozzarella, Muenster,  
Provolone, Swiss

## FORMS ALLOWED:

Block, Sliced, Shredded, Stick, String

These may be regular, reduced fat, lowfat or  
fat free, low cholesterol, lactose free, low  
sodium, or calcium fortified.

Cheese must be marked with weight, type and  
cost. Kosher cheese must be on your WIC  
benefit balance.

## CANNOT BUY:

Cubed, Individually wrapped slices, Imported  
Deli service, Cheese foods, Imitation cheese,  
Smoked cheese, Cheese products or spreads,  
Organic cheese, Cheese with added  
ingredients, Cheese packed in water

1 POUND  
OF CHEESE  
(16 oz)

=

1/2  
POUND  
(8 oz)

1/2  
POUND  
(8 oz)



# SOY PRODUCTS

MUST BE LISTED ON WIC BENEFIT BALANCE

## SOY BEVERAGES

32 OR 64 OZ. CONTAINERS



Pacific - Ultra Soy  
Original  
Shelf Stable



Silk  
Original  
Refrigerated  
Section or Shelf  
Stable



8th Continent  
Original Refrigerated  
Section



Great Value  
Original  
Refrigerated  
Section

## CANNOT BUY:

Any other brand or flavor of soy beverage

## TOFU

8 or 16 OZ. CONTAINERS ONLY

**Azumaya**  
Tofu

Extra Firm, Firm,  
Silken

**House Foods**

Premium  
Medium Firm,  
Firm,  
Extra Firm



Organic  
Super Firm

**Franklin**  
FARMS

Extra Firm,  
Firm, Medium  
Firm, Soft

**大田**  
Nature's Soy  
SINCE 1989

Firm, Soft



Extra Firm Cubed  
(8oz), Super Firm

## CANNOT BUY:

Any other brand or type of tofu

# JUICE FOR CHILDREN

64 OUNCE BOTTLES OR CARTONS ONLY  
100% PASTEURIZED JUICE




Tomato, Low Sodium  
Tomato, Low Sodium  
V8, V8, Spicy Hot V8



All flavors, except Ruby  
Red Grapefruit



All Flavors



Pineapple




100% Juices, Sesame  
Street Flavors.  
Not allowed:  
"Cranberry Juice  
and More" items  
and "Fruitables"



Apple, Apple Cherry,  
Apple Mango,  
Apple White Grape,  
Sensibles Apple, Fruit  
Punch



All flavors except  
premium flavors and  
Strawberry Watermelon



Apple



Only 100% juice  
allowed"; juice drinks  
are not allowed.  
Apple, Concord Grape,  
Cranberry Blackberry;  
Cranberry Cherry,  
Cranberry Concord  
Grape, Cranberry  
Mango, Cranberry  
Pineapple, Cranberry  
Pomegranate,  
Cranberry Raspberry,  
Cranberry, Cranberry  
Watermelon,  
Cranberry Elderberry



Cranberry, Cranberry  
Grape, Cranberry  
Raspberry, Cranberry  
Pomegranate,  
Cranberry Mango,  
Pomegranate  
Blueberry, Blueberry  
Blackberry Acai,



Purple, Red or White  
Grape Juice, White  
Grape Peach, White  
Grape Cherry



Apple, Grape, White  
Grape, Orange

ANY BRAND ORANGE JUICE  
Vitamin D & Calcium are okay.



STORE BRANDS	APPLE	GRAPE	WHITE GRAPE	CRANBERRY	PINEAPPLE	VEGETABLE	TOMATO	PEAR	GRAPEFRUIT	MANGO
Always Save	●	●								
Best Yet	●	●	●		●	●	●			
Best Choice	●	●			●	●	●			
Food Club	●	●	●				●			
Food Lion				●	●	●			●	
Freedoms Choice	●	●					●			
Giant	●	●	●			●	●		●	
Giant Eagle	●	●	●							
Great Value	●	●	●	●	●	●	●	●	●	●
IGA	●	●	●							
Life Everyday	●									
Parade	●									
Pics by Price Chopper	●	●	●		●	●	●		●	
ShopRite		●	●							
Signature Select	●	●	●	●		●				
That's Smart	●	●	●	●		●				
Tops	●	●	●							
Tree Top	●									
Wegmans	●	●	●							
Weis	●	●	●	●						

## CANNOT BUY:

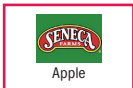
Ciders, cocktails, organic juice, juices with non-nutritive sweeteners, beta-carotene, food colorings, added sugars



**JUICE**  
FOR WOMEN

11.5-12 OUNCE FROZEN CONCENTRATE  
**100% PASTEURIZED JUICE**

Must be listed on WIC benefit balance.

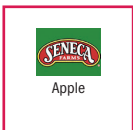
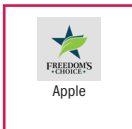


STORE BRANDS	APPLE	GRAPE	PINEAPPLE	WHITE GRAPE	ORANGE
Always Save	●				●
Best Choice	●				●
Best Yet	●				
Essential Everyday	●				●
Food Club	●	●			●
Freedoms Choice	●				●
Giant	●	●			
Giant Eagle	●	●	●		●
Great Value	●	●			●
Pics by Price Chopper	●	●	●		
Price Rite					●
Red & White	●				
Shop Rite	●				●
Signature Select	●				●
Tipton Grove	●				●
Tops	●				
Weis	●				●

48 OUNCE BOTTLES  
**100% PASTEURIZED JUICE**

CALCIUM, VITAMINS C AND D ARE OKAY.

No other added vitamins or minerals are allowed.



**CANNOT BUY:**

Carbonation, Omega 3s, Vitamin A, Vitamin E, Alcohol, Fiber, DHA, ARA

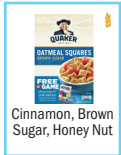
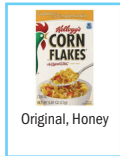
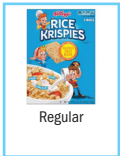
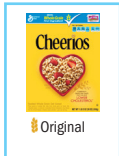
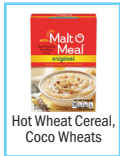


# CEREALS

**COLD CEREAL: 12-36 OZ PACKAGES**

**HOT CEREAL: 9.8-36OZ PACKAGES**

GLUTEN FREE OPTIONS ARE AVAILABLE. CHECK FOR GF SYMBOL ON THE BOX OR TALK TO YOUR WIC NUTRITIONIST



## WAYS TO BUY CEREAL

YOU CAN BUY ANY COMBINATION OF WIC APPROVED HOT OR COLD CEREALS THAT ADD UP TO YOUR TOTAL NUMBER OF OUNCES(36OZ) ON YOUR WIC BENEFIT BALANCE.



or



## CANNOT BUY:

ANY OTHER BRAND, TYPE, SIZE OF CEREAL, OR ORGANIC CEREALS.



## STORE BRANDS

- TOASTED OATS
- CORN FLAKES
- CRISPY RICE
- CORN SQUARES (OR BISCUITS)
- RICE SQUARES (OR BISCUITS)
- FROSTED SHREDDED WHEAT
- INSTANT OATMEAL ORIGINAL
- BRAN/WHEAT FLAKES
- HONEY OATS & FLAKES W/ALMONDS

Best Choice	●	●	●	●	●															
Best Yet	●	●	●																	
Bowl & Basket	●	●	●	●	●	●	●	●												
Essential Everyday	●	●	●																	
Food Club	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Food Lion	●	●	●																	
Freedom Choice	●	●	●																	
Giant	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Giant Eagle	●	●	●																	
Great Value	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
IGA	●	●	●																	
Krasdale	●	●	●																	
Pics	●	●	●																	
Signature Select	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
That's Smart	●	●	●																	
Tops	●	●	●																	
Weis	●	●	●																	



Instant Oatmeal



Original and Strawberry



Almonds, Vanilla, Honey Roasted, Maple & Pecan, Cinnamon Bun

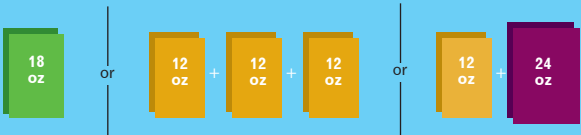


Banana Nut Crunch, Crunchy Pecan



Original, Honey, Berry Berry

**WHOLE GRAIN CEREALS**  
 MAKE HALF YOUR GRAINS WHOLE!



# FRUITS & VEGETABLES

Organic is OK  
Any Brand

## FRESH

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### BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut



### CANNOT BUY:

- ✗ Salad bar items, party platters or fruit baskets
- ✗ Herbs, nuts or peanuts
- ✗ Salad kits with nuts, croutons or dressing
- ✗ Fruits or vegetables with dips
- ✗ Dried fruit, fruit leathers or fruit snacks

## FROZEN

---

### BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK



### CANNOT BUY:

- ✗ With sugar, breading, honey, butter, sauce, cheese, fat, or oil
- ✗ With meat, rice, or pasta
- ✗ Fries or tater tots
- ✗ Soup

## CANNED

---

### BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass, or plastic container
- ✓ Low sodium OK



### CANNOT BUY:

- ✗ With added meat, fat, oil, rice or pasta
- ✗ With added sugar or in syrup
- ✗ With non-nutritive sweetener
- ✗ Pickled vegetables, sauerkraut or olives
- ✗ Cranberry sauce or pie filling
- ✗ Soup
- ✗ Jarred salsa or pasta sauce
- ✗ Infant or toddler foods or squeezable pouches
- ✗ Anything with maraschino cherries
- ✗ Relishes and ketchup

Organic fruits and vegetables can be purchased but tend to be more expensive. You will get more food with non-organic items.

# LEGUMES & BEANS

## TYPES OF BEANS TO PURCHASE

### BUY:

- ✓15 to 16 oz cans
- ✓1 pound of dried beans
- ✓Organic is allowed
- ✓Sugar in canned kidney beans is allowed.
- ✓You will be allowed to purchase dried or canned beans based on what is on your WIC benefit balance.



### EXAMPLES, BUT NOT LIMITED TO THE FOLLOWING:

Black beans	Lentils
Blackeye peas	Lima beans
Butter beans	Navy beans
Garbanzo beans	Pink beans
Great northern beans	Pinto beans
Kidney beans	Split peas

### CANNOT BUY:

- ✗Canned green or yellow beans, green lima beans, wax beans, added seasonings (spices), sugars, oils, fats, sauces or meats

### NUTRITION FACT

Canned fish, peanut butter, beans and eggs are good sources of protein and cost much less than meat.

# CANNED FISH

## CANNED FISH: 3.75, 5, OR 6 OUNCE ONLY

### BUY

Any brand Chunk Light Tuna, Pink Salmon or Sardines (including flavored sardines, such as in mustard, tomato sauce or lemon). Can be packed in water or oil.

### CANNOT BUY:

- Albacore Tuna
- Brisling Sardines
- Red Salmon
- Organic Fish



# CHICKEN EGGS

## CARTONS OF ONE DOZEN

### BUY:

- ✓ Grades a or aa brown or white
- ✓ Chicken eggs are allowed
- ✓ Sizes allowed: x-large, large, medium, or small
- ✓ Cage-free allowed

### DO NOT BUY:

- ✗ Specialty eggs such as vegetarian fed
- ✗ Organic
- ✗ Low cholesterol
- ✗ Fat modified
- ✗ High in omega 3s
- ✗ Free Range
- ✗ Egg Substitute



# PEANUT BUTTER

## 16 TO 18 OUNCE CONTAINERS

### BUY:

- ✓ Any brand labeled "Peanut Butter" only

### DO NOT BUY:

- ✗ Reduced fat peanut butter, peanut butter spread, those mixed with jelly, marshmallow, chocolate or honey, organic peanut butter, added omega-3s, DHA, ARA or non-nutritive sweeteners



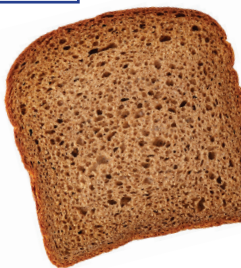


# WHOLE GRAINS

EGGS & PEANUT BUTTER

16 OUNCE PACKAGES ONLY

WHOLE WHEAT OR WHOLE GRAIN  
BREAD & ROLLS



STORE BRANDS

100% WHOLE WHEAT BREAD

GIANT SIGNATURE SELECT  
GIANT EAGLE BOWL & BASKET  
WEIS

**CANNOT BUY:**

- ✗ Any other package size, brand or type of whole grain products
- ✗ Organic whole grains
- ✗ Whole grains with:
  - Added Omega-3s
  - Seeds
  - Extra calcium
  - Dried fruits
  - Nuts
  - Vitamin D



WHOLE GRAINS

# WHOLE GRAINS

## 16 OUNCE PACKAGES

### TORTILLAS

Soft Corn or Whole Wheat



Whole Wheat Taco,  
Corn Taco



Corn Tortillas,  
Whole Wheat  
Tortillas



Whole Wheat,  
White Corn Fajita  
Style



Whole Wheat



Soft White Corn,  
100% Whole  
Wheat Flour



Whole Wheat  
Soft Taco



Corn White



White Corn  
Tortillas



White Corn, Yellow  
Corn, 100% Whole  
Wheat, Fajita  
Whole Wheat



Soft Taco Whole  
Wheat, Yellow Corn  
Extra Thin, Whole  
Wheat



Whole Wheat



Whole Wheat



Whole Wheat



Whole Wheat  
Tortillas



Whole Wheat  
Tortillas for Fajitas

### OATS



Natural Quick  
Oats and  
Old Fashioned  
Quick Oats



Quaker Oat Bran





## WHOLE WHEAT PASTA



Whole Wheat Thin Spaghetti



Whole Wheat Elbows, Whole Wheat Linguine, Whole Wheat Penne, Whole Wheat Spaghetti



Whole Grain Penne Rigate, Whole Grain Spaghetti, Whole Grain Thin Spaghetti, Whole Grain Rotini or Whole Grain Linguine



Whole Wheat Penne Rigate, Whole Wheat Spaghetti, Whole Wheat Angel Hair or Whole Wheat Rotini




Spaghetti, Penne Rigate



Thin Spaghetti, Linguine, Spaghetti, Elbows, Rotini, Penne



Whole Wheat Penne Rigate, Whole Wheat Spaghetti, or Whole Wheat Thin Spaghetti



Whole Wheat Elbow Macaroni, Whole Wheat Penne Rigate, Whole Wheat Rotini, Whole Wheat Spaghetti, Whole Wheat Thin Spaghetti

### CANNOT BUY:

- ✗Organic pasta
- ✗Pasta with added sugars, fats, oils or salt



## WHOLE GRAIN BROWN RICE







### STORE BRANDS

- BEST CHOICE
- BEST YET
- BOWL & BASKET
- FOOD CLUB
- FREEDOMS CHOICE
- GIANT
- GREAT VALUE
- IGA
- SIGNATURE SELECT
- WEGMAN'S
- WEIS

# INFANT FOODS

## INFANT FORMULA

Brand, type and size specified on benefit balance

## INFANT CEREAL

8 or 16 ounce containers only

Barley, rice, oatmeal, whole wheat, multigrain, or corn

Organic is allowed.

Brands: Beech Nut, Earth's Best Organic, Gerber

### **CANNOT BUY:**

✗Cereals with added DHA, ARA, Fruit, Formula, or Yogurt

## INFANT MEATS

2.5 ounce containers *Fully Breastfed Babies Only*

Any meat in broth or gravy

Variety packs are allowed

Organic are allowed

Brands: Beech Nut, Earth's Best Organic, Gerber, Happy Baby or Parent's Choice

### **CANNOT BUY:**

✗Added DHA, ARA, salt or sugar

✗Mixed with: cereal, rice, noodles, vegetables, fruit or any other ingredients

✗Meat sticks



### **MULTIPACK TIP:**



# INFANT FOODS

## INFANT FRUITS AND VEGETABLES

2 or 4 ounce containers

Any single fruit or vegetable, any combination of different fruits and vegetables. Multipacks, variety pack boxes and organic are allowed


Brands: Beech Nut, Bowl & Basket, Earth's Best Organic, Gerber, Happy Baby Organics, Nature's Promise, O Organics, Once Upon a Farm, Parent's Choice, Tippy Toes

### CANNOT BUY:

- ✗ Added DHA, ARA, salt or sugar
- ✗ Desserts
- ✗ Squeezable pouches
- ✗ Mixed with cereal, noodles, rice, meats, yogurt, flour, starches or any other ingredients



## HOW TO PURCHASE 32-4 OZ CONTAINERS OF FRUITS/VEGETABLES

1 128 oz box	10 12 oz boxes + 4 2 oz containers OR 2 2 oz double pack OR 1 4 oz double pack	10 12 oz boxes + 2 4 oz containers OR 2 2 oz double pack	32 4 oz containers OR 32 2 oz double pack	64 2 oz containers
				

## NUTRITION FACT

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

# WICShopper App

## SIMPLIFY YOUR WIC SHOPPING

- 1** Install “WICShopper” from your app store.
- 2** Select Pennsylvania as your WIC Agency.
- 3** Select your language under Settings. Some of the languages are: English, Spanish, Arabic, Nepalese, Burmese, Somali, French, Portuguese, or Lingala.
- 4** Register your eWIC card to see your available balance.
- 5** Scan products, EXCEPT fresh fruits and veggies, using the app to verify WIC approved items as you shop. All fresh fruits and veggies are allowed but will not scan on the app.
- 6** View your food list, recipes and more right from the app!

Learn More



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[www.EBTShopper.com](http://www.EBTShopper.com)



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## **BASIC RULES AND REGULATIONS**

Your WIC benefits will be available at 12:01 AM on the first day of the month and will expire at 11:59 PM on the last day of the month.

The type and quantity of foods you can buy for each month are listed on the WIC Benefit Balance.

If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference with another form of payment (SNAP, Cash, Credit/Debit).

Returns, rain checks or substitutions are not allowed. Identical exchange of store damaged product is allowed.

Coupons, buy one get one free, extra free ounces and discount/club cards are allowed.

Do not sell or exchange eWIC cards, food or formula for cash or credit. This includes selling WIC items online.

Look for the following decal at grocery stores to know where you can use your eWIC card.

**Pennsylvania Women, infants and Children  
(WIC) Nutrition Program**



**We accept  
eWIC!**

This is a WIC authorized store.

**1-800-WIC-WINS**



PA WIC is funded by the USDA. This institution is an equal opportunity provider.

# YOUR WIC AGENCY

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