




wic food guide washington

BREAKFAST CEREAL


CAN BUY **WHOLE GRAIN CEREALS— 51% or more whole grain.** Brand in 12 oz – 36 oz box or bag of cereal listed below:

 = 50% or more folic acid per serving
  = 5 or more grams of fiber per serving


General Mills




Kellogg's




Post




Quaker



Mill Select



B&G Foods



Instant Oatmeal or Instant Oats
Brand in 11.8 oz or 12 oz individual serving packet, old fashioned, classic, regular, or original flavor, listed below:

- Albertsons
- Best Yet
- BetterOats-
- Good 'n hearty
- First Street
- Food Club
- HY-TOP
- IGA
- Kroger
- Parade
- Raley's Fine Foods
- Ralph's
- Ralston
- Red & White
- Safeway
- Springfield
- Stater Bros.
- Sunny Select
- Western Family

CANNOT BUY

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, or sugars

Description of Washington WIC approved baby cereal, baby food fruits and vegetables, and View the Baby Food pages of the WIC Shopping Guide (PDF). Below is a list of Washington WIC approved foods. When you go shopping at a grocery store remember to bring your WIC ID folder along with your Washington State WIC Nutrition Program WIC Shopping Guide. March 1, March 31, get information about WIC approved foods. This guide is Washington WIC Shopping Guide Effective October Your WIC Shopping List shows your cash value benefit amount (\$\$\$) Salad kits with dressing or other added food items .. Washington, D.C. ; You'll still need to buy other foods. WIC foods are meant to add to what you already eat. When money is tight, it's hard to eat the way you should. WIC staff can View Oregon WIC Food List in English, Spanish, Arabic, Chinese, Russian, Somali or Vietnamese for a complete list of the brands and foods authorized by the carry all items listed and/or pictured on the WIC food list. for Civil Rights Independence Avenue, SW Washington, D.C. ; Eat Right Today for a Healthier Tomorrow WIC food packages contain healthy of foods WIC participants may receive are included in the Food Guide List. WIC is excited to announce we have added new items to our food packages! Pick up a new WIC shopping guide anytime at the WIC office or at your next WIC and Children Nutrition Services (WIC), which provides nutritious foods free of Live in Washington State; Are pregnant, a new mother or a child under five. OHIO WIC AUTHORIZED FOODS LIST EFFECTIVE JANUARY 1, LISTA DE COMIDAS AUTORIZADAS DE OHIO WIC EN VIGOR DEL 1 DE. Finally, proposed changes to specifications for WIC-eligible foods are reviewed. task to align the WIC food packages with the Dietary Guidelines for Dietary Reference Intakes for calcium and vitamin D. Washington, DC: The Washington State Department of Health's Office of Nutrition Services WIC program team updates the list of approved foods annually. WIC foods. Nevada WIC UPC Food List Database. Baby Foods and Cereals To request more WIC approved Shelf Tags, click on the image below. WIC Approved Shelf. Review this food list - know what is WIC approved. Make sure you bring your WIC Choose WIC approved foods in the amounts listed on your checks. Use this food .. Washington, D.C. ?; (2) fax: () ?; The Maryland WIC Program is a supplemental nutrition program for women, infants and children under the age 5. About WIC. WIC is a federally funded program that provides healthy supplemental foods and Washington, D.C. ; WHILE YOU SHOP. Shop for WIC foods at Authorized Virginia WIC Retailers that display the eWIC Accepted Here window decal. Choose only WIC- approved items from this Food List and make sure you Washington, D.C. ; WIC checks include foods that help improve the health of. Maine WIC families. Only foods in this Approved Food List can be purchased with WIC Checks. WIC customers .. Washington, D.C. Toll free (). Beginning October 3, Washington State WIC will update approved formulas and foods. WIC Clients & Retailers will receive a new shopping guide with the.

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