



**MORE
CHOICES.
MORE YUM!**

Idaho WIC Food List
April 2026



IDAHO
APPROVED
FOOD

LOOK FOR
WIC SHELF
TAGS

DOWNLOAD THE FREE WIC APP

- Check your WIC account balance.
- Scan UPCs to see if items are WIC approved.
- Use a digital food list.
- Access recipes, tips, and more.



Learn more at [WICshopper.com](https://www.wicshopper.com)
or install it now from your app store.

SHOPPING WITH WIC



ALWAYS PAY WITH YOUR WIC CARD FIRST

BEFORE THE STORE

- Set a 4-digit PIN to activate your WIC card.
- Check your WIC account balance.
- Get the free WICshopper app.

WHILE YOU SHOP

- Choose the foods that match what's on your card.
- Use this food list or the WICshopper app to help choose foods that are WIC approved.
- Look for WIC shelf tags. Some stores use them to help you find WIC approved foods.

AT THE REGISTER

- Swipe your WIC card and enter your PIN.
- Check the mid-receipt before pressing "yes" to pay.
- Pay the remaining balance or put items back, if needed.

IDAHO GROCERY STORE
100 Idaho Street
Smalltown, ID 83702

STORE ID: WICW006
TERM ID: WIC006001
CLERK ID: 999
DATE & TIME: 10/05/2026 10:10 AM
SEQ NUMBER: 034
CARD: ****00007
AUTH CODE: 23499

WIC PURCHASE

QTY	UNITS	DESCRIPTION	PRICE
18.00	oz	Breakfast cereal	\$4.99
2.50	\$\$	Fruits & Veg	\$2.50

TOTAL ITEMS SOLD = 2
\$2.50 - Fruits & Veggies

PURCHASE SUBTOTAL: 7.49
DISCOUNT APPLIED: 0.00
APPROVED PURCHASE TOTAL: 7.49

BALANCE DUE: 0.00
BENEFITS EXPIRE ON 10-31-26

QTY	UNITS	DESCRIPTION
1.00	lb	Cheese
1.00	dz	Eggs
18.00	oz	Breakfast Cereal
1.00	ctr	Peanut Butter/Beans
32	oz	WW Bread or Whole Grains
3.00	gal	1%/skim Milk
2.00	btl	64-oz Juice
3.50	\$\$\$	Fruit and Vegetables
1.00	qt	Yogurt

...CARD HOLDER COPY...
...PLEASE SAVE THIS RECEIPT...

REMEMBER
TO KEEP
YOUR
RECEIPT!

READING YOUR RECEIPT

1. List of foods you bought.
2. Total number of items sold.
3. Purchase total and any discounts or coupons.
4. The last day to buy WIC foods.
5. The WIC foods you have left to buy for the month.

lb = pound gal = gallon dz = dozen
ctr = container oz = ounces qt = quart
btl = bottle



NEED HELP?
Visit our website.



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

TALK TO US

Call 1-844-892-3084 to:

- Set or change your PIN.
- Report a lost, stolen, or damaged card.
- Check your WIC balance.

Call your local WIC clinic for:

- Questions about WIC foods or amounts.
- Questions about using your card at the store.

REMEMBER

If a food item doesn't scan as WIC approved, you can't get it with your WIC card.

- It may not be in your WIC account.
- It might not be WIC approved.
- The UPC barcode isn't in the WIC system yet.

The cashier cannot change or override this.

- You can put the item back.
- Pay for the item on your own.
- Submit the UPC code on the app or at your clinic.



FRUITS & VEGETABLES

FRESH & FROZEN

✓ BUY

Any brand or variety of fresh or frozen fruits, vegetables, and herbs. Items may be whole, cut, loose, packaged, organic, or non-organic.



✗ DON'T BUY

Items with added sugars, fats, or oils such as fries, hash browns, or tater tots; items with added ingredients such as dips, dressings, or croutons; processed or dried herbs in tubes or jars; decorative items such as painted pumpkins.

SHOPPING TIP

Fresh produce does not always scan correctly on the WICshopper app.

If a fresh produce item does not go through at checkout, let the store know so it can be added as an approved item.





FRUITS & VEGGIES ARE PACKED WITH VITAMINS THAT BOOST YOUR IMMUNE SYSTEM.

TIP

You can mix and match fresh and frozen fruits and veggies. You do not have to get all fresh or all frozen.

If you go over the dollar amount of your fruit and veggie benefit, you can either put an item back or pay the difference.



Visit WICshopper.com for nutrition tips and tidbits.

COLD & HOT CEREAL

COLD CEREAL

✓ **BUY**

Choose from the following brands and flavors.
8 oz or larger box size.



Plain flavors only*



Honey Clusters*

Plain flavors only*



Original*, Strawberry*, & Blueberry*



Plain flavors only*



Banana Nut Crunch*, Crunchy Pecan*,
& Raisins, Dates, & Pecans*

Honey Roasted
& Almonds



Plain flavors only*

Honey Nut* & Brown Sugar*

HOT CEREAL

✓ BUY

Choose from the following brands. Plain flavor only. 8 oz or larger box size.



Original only*



Plain flavors only, box or instant packets



Essential Everyday, Food Club, Great Value, Kroger, or WinCo original/plain flavor only*

*Whole Grains

✗ DON'T BUY

Package sizes smaller than 8 oz.

TIP

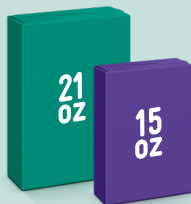
Choose any combination of WIC approved cereals up to the total amount shown on your benefit balance. See examples below:



Totals 36 oz



Totals 36 oz



Totals 36 oz

WHOLE GRAINS

WHOLE WHEAT BREAD



Any brand bread loaf or English muffins. Label must say "100% whole wheat". Package sizes up to 24 oz.



Organic, keto, light, or other specialty breads.

WHOLE WHEAT OR WHOLE GRAIN PASTA



Only the brands listed below. 100% whole wheat or whole durum wheat flour only. Any shape - spaghetti, penne, fettuccine, rotini, etc. Package sizes up to 16 oz.



Barilla



Essential Everyday



Food Club



Golden Grain



Great Value



Kroger



Ronzoni Healthy Harvest



Signature Select



WinCo



Organic, flavored, refrigerated, frozen, or bulk.

Visit WICshopper.com for recipes.



WHOLE WHEAT & SOFT CORN TORTILLAS

✓ BUY

Only the brands pictured below. Package sizes up to 48 oz.



Calidad corn



Don Pancho corn or wheat



Essential Everyday corn or wheat



Great Value corn or wheat



Guerrero corn or wheat



Kroger corn or wheat



La Banderita corn



La Burrita corn



La Diana corn



Lynn Wilson's corn



Maya's wheat



Mission corn or wheat



Rodriguez corn



Signature Select corn or wheat

✗ DON'T BUY

Organic, keto, or low carb.



WHOLE GRAINS

BROWN RICE

✓ BUY

Any brand. Plain only. Short, medium, or long grain. 16 oz package size.



✗ DON'T BUY

Flavored, boxed, bulk, sprouted, or organic.

OATS

✓ BUY

Any brand. Quick cook, steel cut, or old-fashioned. Cardboard tube/cylinder package type, up to 48 oz.



✗ DON'T BUY

Organic, flavored, or bulk.

THE
B VITAMINS IN
WHOLE GRAINS ARE
ESSENTIAL FOR A
HEALTHY NERVOUS
SYSTEM.

CORN MASA FLOUR OR CORNMEAL

✓ BUY

Only the brands pictured below.
Package sizes up to 64 oz.



Bob's Red Mill
Masa Harina



Bob's Red Mill
Medium or Coarse Cornmeal



Great Value
Masa Harina



Masa Brosa



Maseca Antojitos, Amarillo, Nixta, or Tradicional



Maseca Azul or Tamal



Torti Masa

✗ DON'T BUY

Organic.

DAIRY

MILK

✓ BUY

Any brand pasteurized, unflavored, regular, or lactose-free milk.

Buy the fat-type listed on your benefit balance.

Get gallon, half-gallon, or quart sized containers.



Any brand of evaporated or powdered milk may also be purchased.



DAIRY
HELPS KIDS
BUILD STRONG
BONES DURING THE
YEARS WHEN BONE
GROWTH MATTERS
MOST.

QUICK TIP



5 Cans

=



1 Gallon

✗ DON'T BUY

Organic, unpasteurized, flavored, or specialty items such as glass bottles.



YOGURT

✓ BUY

Only the brands shown below.

Buy the fat-type shown on your benefit balance.

32 oz container size.



Mountain High Whole Plain or Vanilla

Mountain High Lowfat Plain or Vanilla



Dannon Whole Plain

Dannon Lowfat Plain or Vanilla

Dannon Nonfat Plain



Yoplait Peach, Vanilla, Strawberry, or Strawberry/Banana

Lucerne Lowfat Plain



Nancy's Whole Honey

Nancy's Lowfat Plain

Nancy's Nonfat Plain or Vanilla



Tillamook Plain

Food Club Plain

Great Value Plain

Kroger Plain

✗ DON'T BUY

Organic, Greek, or single-serving containers.



DAIRY

CHEESE

✓ BUY

Any brand, regular or lowfat. Must be pasteurized, unsliced, and made in the USA. 16 oz package size.



Cheddar
(mild, medium or sharp)



Colby-Jack



Swiss



Monterey Jack



Mozzarella String Cheese
16 oz multi-stick bag



Mozzarella

✗ DON'T BUY

Organic, extra sharp, unpasteurized, shredded, cube, sliced, deli, imported, added flavors, or ingredients.

EGGS

✓ BUY

Any brand, any size, one dozen, FDA-approved white or brown chicken eggs.



✗ DON'T BUY

Organic.



SOY MILK

✓ BUY

Only the brands and container sizes shown below.



Bettergoods
1/2 Gallon
Plain



Pacific
32 oz
Plain



Silk
32 oz
Plain



Silk
1/2 Gallon
Plain or Vanilla

✗ DON'T BUY

Organic, unpasteurized, or flavored.

TOFU

✓ BUY

Only the brands and types shown below.

16 oz package size.



Azumaya
Firm or Extra Firm



House Foods
Firm, Medium Firm, or Extra Firm



Franklin Farms
Soft, Firm, Medium Firm, or Extra Firm

✗ DON'T BUY

Organic or flavored.

TOFU
IS RICH IN
PROTEIN, CALCIUM,
ESSENTIAL AMINO
ACIDS, AND
MORE.



PEANUT BUTTER & BEANS

PEANUT BUTTER

✓ BUY

Any brand smooth to super crunchy.
16 to 18 oz jar (container).



✗ DON'T BUY

Spreads, honey roasted nut, bulk, organic, powdered, reduced fat, or omega-3 added.

BEANS, PEAS, OR LENTILS

✓ BUY

Any brand plain beans, peas, or lentils. Dry or canned.
Regular or low sodium.
16 oz bag or 15 to 16 oz cans.



IRON-RICH
FOODS BOOST
ENERGY

✗ DON'T BUY

Added ingredients, soup mixes, or organic.

QUICK TIP

One can of beans counts as .25 containers.



TUNA & SALMON

CHUNK LIGHT TUNA & PINK SALMON

✓ BUY

Any brand plain, unflavored, packed in water or oil.
2.5 to 5 oz can or pouch.



✗ DON'T BUY

Organic, albacore or white tuna, Atlantic or sockeye salmon, smoked, flavored, gourmet, or snack packs.

PROTEIN
HELPS BUILD
MUSCLE, REPAIR
CELLS, BOOST
METABOLISM,
AND MORE.



JUICE

Only 100% juice with at least 80% vitamin C per serving.

SHELF-STABLE



Only the brands, types, and flavors shown below.
46 to 64 oz plastic bottle.



Campbell's Tomato
original or low sodium



V8 Vegetable
original, low sodium, or spicy



Food Club
all flavors



Juicy Juice
all flavors



Langer's
must say 100% juice



Tree Top
all flavors with green lids



Welch's
purple, red, white grape,
or grape/peach only



Any brand



FROZEN

✓ BUY

Only the brands, types, and flavors shown below.
11.5 to 12 oz container (makes 48 oz).



Old Orchard all flavors with dark green lids



Food Club all flavors



Any brand

ENJOY JUICE IN SMALL AMOUNTS

REFRIGERATED (ORANGE JUICE ONLY)

✓ BUY

Any brand. 46 to 64 oz.



✗ DON'T BUY

Cider, organic, added fiber, fresh squeezed, reduced sugar, or Langer's Plus.

Did you know you can swap one container of juice for more fruits and vegetable dollars? Your WIC clinic can help make this change to your food benefits.



INFANT FOOD

CEREALS

✓ **BUY**

Gerber brand. Any grain.
8 to 16 oz container.



8 oz

16 oz

✗ **DON'T BUY**

Organic, ready to eat, or added ingredients such as fruits, formula, probiotics, or DHA/ARA.



MEATS

✓ **BUY**

Gerber or Beech-Nut brand.
Any variety of meat.
2.5 oz containers.



✗ **DON'T BUY**

Organic, meat sticks, dinners, or added fruits, vegetables, noodles, or DHA/ARA.

FRUIT AND VEGETABLE PUREES

✓ BUY

Gerber or Beech-Nut brand. Any plain or mixed fruits and vegetables. 2 to 4 oz glass or plastic containers.



✗ DON'T BUY

Organic, pouches, or added ingredients such as cereals, noodles, or meats.

TIP

If your benefits show 32 containers of infant fruits & vegetables, you can buy:



Thirty-two (32)
4 oz

OR



Thirty-two (32)
2 oz two-packs

OR



Sixteen (16)
4 oz two-packs

Remember: two-packs count as 2 containers.

START HEALTHY

BREASTFEEDING GIVES BABIES THE BEST START!

- Best possible nutrition.
- Easy to digest.
- Always clean and safe.
- Reduces risk of illness and disease.

AND IT HELPS MOMS TOO.

- Speeds up childbirth recovery.
- Convenient - always ready, no bottles, no mixing.
- Reduces risk for high blood pressure and certain cancers.
- Reduces risk of postpartum depression.

**BREASTFEED
LONGER.
EVERY MONTH
MATTERS!**

HOW BIG IS YOUR BABY'S TUMMY?



5 - 7 ml
1 - 2 tsp



Day One
Size of a
cherry



22 - 27 ml
.75 - 1 oz



Day Three
Size of a
walnut



45 - 60 ml
1.5 - 2 oz



One Week
Size of a
apricot



80 - 150 ml
2.5 - 5 oz



One Month
Size of a
large egg

Image courtesy of Indiana WIC

- All babies have tiny tummies. That's why newborns eat every 1 to 2 hours.
- You make just the right amount of milk for your baby.
- The more you nurse, the more milk your body makes.

YOU MIGHT HAVE QUESTIONS.

WIC is here to help.

Contact your WIC clinic for
breastfeeding support from experts
and moms just like you.

STAY HEALTHY



HELP YOUR CHILD EAT MORE FRUITS AND VEGETABLES!

- Share the adventure. Shop together and let your child choose a new fruit or vegetable.
- Cook together. Have your child tear lettuce leaves or toss salad ingredients together.
- Eat together. Have meals together and let your child see you enjoy fruits and vegetables.
- Take it with you. Bring sliced fruits and veggies with you for quick snacks on the go.

STICK WITH WIC UNTIL AGE 5.

- Kids who stick with WIC until age 5 grow healthy and strong.
- WIC helps support you from pregnancy up to your child's 5th birthday.

WIC PROVIDES HEALTHY FOOD AND A LOT MORE.



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1. Mail:

US Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. Fax:

(833)256-1665 or (202)690-7442; or

3. Email:

program.intake@usda.gov

This institution is an equal opportunity provider.





Visit WIC at wic.dhw.idaho.gov
to download the food list.



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

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