

Infant Cereal/Cereal Infantil

Gerber only, 8 oz. boxes (no added fruit, DHA or single-serving size)



Infant Formula/Fórmula Infantil

Choose formula with iron



Milk-based



Soy-based

Milk/Leche
(Least expensive brand) pasteurized fluid cow's milk, nonfat (fat-free, skim), 1% lowfat (light), 2% reduced fat, whole milk



Only if specified on food instrument: Fluid lactose-free, acidophilus, UHT, dry (Vitamins A&D fortified), evaporated (Vitamin D fortified), fresh or evaporated goat's milk (no flavored milk, buttermilk or organic)

Cereals/Cereales

(Cold - 12 oz. box size or larger, 36 oz. maximum)
(Hot - 11.8 oz. box size or larger)



Fresh and Bottled Juices/64 oz. only Jugos Embotellados y Frescos



unsweetened
100% juice only

Pineapple or orange juice:
Least expensive brand, must contain 120% Vitamin C

Concentrate Juices/Frozen or Pourable Jugos concentrados/Congelados o Líquidos

Pineapple or orange juice: Least expensive brand, must contain 120% Vitamin C



**Peanut Butter/16–18 oz.
Crema de Cacahuete**

Any brand, salted or unsalted, creamy or chunky (no tubes, organic, spreads, added jelly or honey, reduced fat)



Eggs/Huevos

(Least expensive brand) Grade AA, white, large only (substitution of medium allowed if large is unavailable), dozens only



**Dry Peas/Beans/Lentils
Frijoles**

Secos/Lentejas/Chícharos Secos

Dry beans, peas or lentils; any brand (no bulk, import, seasoned mixes, soup mixes or organic)



Cheese/Queso

Any brand; 16 oz.; block, sliced or mixed; Jack, Mozzarella (regular or string), Cheddar, Colby, Longhorn, processed American (no individually wrapped slices, import, deli cut-to-order, shredded, organic, cheese food product, spread or flavored cheese)



**Fruits and Vegetables/
Frutas y Verduras**

Any variety of fresh, whole or cut fruit and vegetables, except white potatoes (no canned, frozen or dried)



**Whole Grain Bread/Pan
Integral**

Oroweat, Sara Lee, Roman Meal Sungrain 100% Whole Wheat bread, and Springfield Golden Pride 100% Whole Wheat Bread only. (no light bread, buns or rolls; no organic), loaf of bread up to 32 oz., whole grain must be the first ingredient listed on the packaging



Brown Rice/Arroz Integral

Instant, quick or regular cook time; 14, 16, 24 and 32 oz. bags or boxes allowed; short or long grain (no bulk, organic, boil-in-bag, or ready to serve)



Tortillas

Whole wheat and corn only (no organic), package size up to 32 oz., brands: Tia Rosa Corn Tortillas, Tia Rosa Whole Wheat Tortillas, Mission Corn Tortillas, Mission Multi-Grain Wraps and Mission Multi-Grain Flour Soft Taco Tortillas



Tofu

Plain, calcium-set tofu; firm or medium; refrigerated, water-packed only (no organic); brands: Azumaya and House Premium



Soy Beverage/Bebida de Soya

Brands: Pacific Ultra Soy, Plain, shelf stable; Pacific Ultra Soy, Vanilla, shelf stable; quart size (32 oz. container); 8th Continent Soymilk, Original, half gallon (64 oz. container)



Baby Food (Fruits and Vegetables)/Alimentos para Bebé (Frutas y Verduras)

Any brand, Stage/Step 2 only, single fruits or combinations of fruits, single vegetables or combinations of vegetables, no organic allowed, container size: 3.5–4 oz.



Baby Food (Meats)/Alimentos para Bebé (Carnes)

Meats: Stage/Step 1 or 2, beef, chicken, ham, lamb, turkey or veal; added broth or gravy allowed. No organic allowed.

**For Fully Breastfeeding Moms Only:
Solamente para Mamás que
Amamantan Exclusivamente:**

Tuna/Atún

Any brand, chunk light, water-packed, 5 oz. or larger (no albacore, solid, low sodium or diet)



Canned Sardines/Sardinas Enlatadas

Any brand; 3.75 oz. can or larger; packed in water, oil, mustard or ketchup; no added seasonings



Nevada WIC Programs

Effective October 1, 2009

Supplemental Nutrition for Women, Infants and Children



Vendors may not carry all items listed and/or pictured on the WIC food list

Es posible que los vendedores no tengan todos los artículos fotografiados en este folleto

**For more information/
Para más información**

Please contact your local WIC clinic/or call
1-800-8-NEV-WIC
Por favor, contacte a la Clínica de WIC
en su localidad / o llame a
1-800-8-NEV-WIC