

Milk

Least Expensive Brand

Whole Milk- 1-2 yr. old

Low fat: 2 years and older
1% or low-fat or Fat-Free

1 gallon

Lucerne



Yogurt

Made with Whole Milk

32 oz. tub

Plain & Vanilla: Mountain High

Yogurt

Low fat or Fat free

32 oz. tub

Lucerne: Plain, Vanilla, Strawberry
Dannon: Plain, Vanilla
Mountain High: Plain, Vanilla
Chobani Greek: Plain, Vanilla Strawberry
Yoplait: Vanilla, Peach, Strawberry,
Strawberry/Banana

Cheese

Least Expensive Brand

Solid Blocks only

16 oz. = 1 pound

Lucerne: Cheddar (all types),Colby & Colby Jack
Monterey Jack, Mozzarella

Eggs

Least Expensive Brand Only

1 dozen - Large only

Lucerne



Not Allowed: Brown, Organic, Free-range,
Omega, and low cholesterol eggs

Dry Beans

1 lb. Package



Casserole: Pinto beans
El Mexicana: Lentils
Goya: Pinto beans, Black beans
Signature: Pinto beans, Black beans, Lima beans,
Northern beans, Nay beans, Red Kidney beans,
Blackeye peas, Lentils

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Fruits and Vegetables - CVB

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Fresh – Any Brand

Bagged or Prepackaged Fruit or Vegetables
NO dips or dressings.
NO dried fruits or vegetables
NO Herbs



Frozen – Any Brand

NO Added Cream or Butter
NO Added Sugar



Canned – Any Brand

No Added Sodium No Fruit in Syrup

Juice

Least Expensive Brand

Women

100% Fruit

12 oz. Frozen Juice
Welch's Signature Minute Maid



Whole Grain Options

First ingredient must be
Whole grain or Whole Wheat

Whole Wheat Bread – loaves

16 oz. – Natures Own, Sara Lee
20 oz. – Natures Own, Sara Lee
24 oz. – Pepperidge Farm, Oroweat

Whole Wheat Tortillas – package

16 oz. - Mission
18 oz. – Santa Fe
20 oz. - Albuquerque

Corn Tortillas – package

8 oz. - Bueno
16oz. - Guerrero
24 oz. - Bueno
27.5 oz. – Guerrero, Mission
28 oz. – New Mexico

Oatmeal – Round container (Regular or Instant)

11.8 oz. – Signature, Quaker
16 oz. – Moms Best
18 oz. – Signature, Quaker Old Fashioned, Quaker Quick

Brown Rice – Regular or Instant

14 oz. – Success, Minute, Signature
16 oz. - Signature
32 oz. - Signature



Whole Wheat Pasta

16 oz.: Ronzoni, O Organic

Cereal

12 oz.

General Mills Cheerios
General Mills Corn Chex
General Mills Rice Chex
Kelloggs Crispix
Kelloggs Special K
Kelloggs Rice Krispies
Cream of Wheat Original

14 oz.

Cream of Rice

18 oz.

General Mills Cheerios
General Mills Kix
General Mills Honey Kix
General Mills Kix Berry Berry
Kelloggs Corn Flakes
Kelloggs Frosted Mini Wheats
Kelloggs Rice Krispies
Mom Original Hot Cereal
Post Honey Bunches of Oats – Honey Roasted
Post Honey Bunches of Oats - Almond
Post Honey Bunches of Oats - VB

36 oz.

Mom Original
Mom Crispy Rice
Mom Chocolate Hot Cereal
Mom Frosted Mini Spooners

Peanut Butter

Least Expensive Brand

18 oz. Jar

Smooth or Crunchy

Signature



Albertson's

Infant Cereal

8 oz. containers

Gerber: Rice* Oatmeal*Barley* Multi Grain

Infant Fruits and Vegetables

4oz. Jars

Beechnut S1 & S2 (No Classic)
O Organcis

4.25 oz. Jars

Beechnut Organic (No Classic)

8 oz. containers

Gerber 2ND (No Organic, No Natural)

NO - 2 oz. containers/packs allowed

Plain or Medley's (nothing added)

9-12 Month food package

Infant Fruits and Vegetables 64 oz.

Fresh Fruits or Vegetables \$4.00
(Fresh, Frozen, Can)

Infant Meats

2.5 oz. Jars only

Beech Nut
Gerber

Special Issuances

Low Lactose Milk

Least Expensive Brand

Lactose Free

½ gallon or Gallon

Lactaid

Lucerne

Soy Milk – refrigerated

½ gallon

Silk Original: Plain

TOFU

Look for the word “Firm” on the label

14 oz.: House, Simple Truth

16 oz.: Azumaya, Nasoya

Pediasure - RTF

8 oz. – Vanilla, Berry Cream, Banana, Strawberry,
Chocolate

Pediasure – RTF w/ Fiber

8 oz. – Vanilla and Strawberry

Canned Fish

Tuna 5 oz. cans
Salmon 3.75 and 14.75 oz. cans
Sardines 3.75 oz. cans

Starkist Chicken of the Sea COS

Juice

Children

64 oz. Bottles 100% Fruit & Vegetable

BIG TEX: Orange, Mango, and Pineapple

Juicy Juice: Apple, Berry, Fruit Punch

Motts: Apple

Old Orchard: Apple

Signature: Apple, Cranberry, Cranberry Grape,
Cranberry Raspberry, Grape, Orange, Orange
w/calcium, Pineapple, White Grape

Welch's: Grape, and White Grape

ONLINE CLASS

Website: Texas WIC Online Class

- ✓ Enter Email Address
- ✓ Select from ANY Child Health Class

Write down, Print or Take a Screen shot of
Certificate Number and bring to your WIC
appointment.

Shopping Guide For

Albertson's

- 1625 Rio Bravo SW Albuquerque
 - 505-873-2758
- 2531 Main Street Los Lunas
 - 505-865-3313

Pueblo of Isleta WIC Program



04 Sagebrush

Albuquerque, NM 87105

(505) 869-2662 Fax (505)869-7571

You may get a receipt showing the foods
available on your card by going to the store's
customer service counter, the cashier, or the
Isleta Pueblo WIC office.

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