

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

Shurfine

Cheese

Least Expensive Brand

Solid Blocks only –

16 oz. = 1 pound

Shurfine:

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

Eggs

Least Expensive Brand Only

1 dozen – Large only

Shurfine

Not Allowed:

Brown, Organic, Free-range,
Omega, and low cholesterol eggs



Dry Beans

1 lb. Package

Shurfine:

Pinto Beans, Black beans, Split Peas,
Blackeye Peas, Lentils, Garbonzo

Casserole:

Pinto Beans



Yogurt

Made with Whole Milk

32 oz. tub

Mountain High:

Plain & Vanilla

Yogurt

Low fat or Fat free

Dannon:

Vanilla

Yoplait:

Peach, Strawberry

\$\$

Fruits and Vegetables - CVB

\$\$

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

Dole

Shurfine

Minute Maid



Whole Grain Options

First ingredient must be
Whole grain or Whole Wheat

Whole Wheat Bread – loaves

16 oz. – Sara Lee 100% Whole Wheat

20 oz. – Sara Lee Classic 100% WW

Whole Wheat Tortillas – package

20 oz. - Albuquerque

24 oz. – Santa Fe

Corn Tortillas – package

8 oz. - Bueno

16oz. - Guerrero

Oatmeal – Round container (Regular or Instant)

16 oz. – Moms Best Quick Oats

18 oz. – Quaker Quick, Shurfine Old Fashioned

Brown Rice – Regular or Instant

14 oz. – Shurfine

16 oz.- Shurfine

Whole Wheat Pasta –

16 oz. - Shurfine



Cereal

12 oz.

General Mills Cheerios

General Mills Corn Chex

General Mills Rice Chex

Kelloggs Crispix

Kelloggs Special K

18 oz.

Cream of Wheat Whole Grain

General Mills Cheerios

General Mills Kix

Kelloggs Corn Flakes

Kelloggs Frosted Mini Wheats

Kelloggs Rice Krispies

Mom Frosted Mini Spooners

Mom Strawberry Cream Mini Spooners

Post Honey Bunches of Oats – Honey Roasted

Post Honey Bunches of Oats - Almond

Post Honey Bunches of Oats - VB

Quaker Life Cereal

36 oz.

Mom Chocolate Hot Cereal

Mom Frosted Mini Spooners

Mom Original

Mom Strawberry Cream Mini Spooners

Peanut Butter

Least Expensive Brand

16 oz. Jar

Smooth or Crunchy

Shurfine



Jerry's

Infant Cereal

8 oz. containers

Gerber: Rice* Oatmeal* Multi Grain

Infant Fruits and Vegetables

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

Gerber

Special Issuances

Low Lactose Milk

Least Expensive Brand

Lactose Free

½ gallon or Gallon

Lactaid

Soy Milk – refrigerated

½ gallon and Quart

Silk Original: Plain

TOFU

Look for the word “Firm” on the label

14 oz.: Simple Truth Organic

16 oz.: Azumaya

Pediasure - RTF

8 oz. – Vanilla

Pediasure – RTF w/ Fiber

8 oz. – Strawberry

Canned Fish

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

Starkist

Juice

Children

64 oz. Bottles 100% Fruit & Vegetable

Juicy Juice: Apple, Strawberry-Banana

Old Orchard: Apple

Shurfine: Apple, Apple Cider, Cranberry Blend,
Grape, Orange, 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

Jerry's Market

- 7553 Isleta Blvd. SW Albuquerque

Phone #: 505-873-1688



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.

***“USDA is an equal opportunity provider and
employer”***