

Milk

Whole Milk: 1-2 yr. olds

Least Expensive Brand

Low fat: 2 yrs. Old and older
1%, Low-fat, and Fat-free

1 gallon

Smith's

Mountain Dairy

Cheese

Solid Blocks only

Least Expensive Brand

16 oz. – 1 pound

Kroger:

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

Eggs

1 dozen – Large

Least Expensive Brand Only

Smith's

Kroger

Not Allowed:

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



Dry Beans

1 lb. Package

Least Expensive Brand

Kroger:

Pinto beans, White Beans, Lima beans, Black
beans, Navy beans, Split Peas, Lentils, Red Lentils

El Orgullo de mi Tierra:

Pinto beans, Red beans, Black
beans, Lima beans, Lentils

El Mexicano:

Black beans

Goya:

Pinto beans, Black beans, Lentils, Canary

La Preferida:

Pinto beans, Black beans



Yogurt

32 oz. tub

Made with Whole Milk

Mountain High:

Plain & Vanilla

Yogurt

32 oz. tub

Low fat or Fat free

Brown Cow:

Plain and Vanilla

Chobani Greek:

Plain, Vanilla and Strawberry

Dannon:

Vanilla

Kroger:

Plain and Vanilla

Mountain High:

Plain and Vanilla

Simple Truth:

Plain and Vanilla

Stonyfield:

Vanilla

Yoplait:

Peach, Strawberry

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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





Whole Grain Options

First ingredient must be
Whole grain or Whole Wheat



Whole Wheat Bread – loaves

16 oz. - Nature's Own Pepperidge Farm Sara Lee

20 oz. – Nature's Own Sara Lee

24 oz. – Pepperidge Farm Oroweat

Whole Wheat Tortillas – package

16 oz. - Mission

18 oz. – Santa Fe

24 oz. – Santa Fe

Corn Tortillas – package

8 oz. - Bueno

16oz. – La Banderita Guerrero Mission

24 oz. - Bueno

27.5 oz. - La Banderita Guerrero Mission

28 oz. – New Mexico

Oatmeal – Round container (Regular or Instant)

16 oz. – Moms Best

18 oz. – Kroger Quaker



Brown Rice – Regular or Instant

14 oz. - Minute Success

32 oz. – Mahatma

Whole Wheat Pasta

16 oz. - Kroger

Juice

Women

Least Expensive Brand

100% Fruit

12 oz. Frozen Juice

Dole

Kroger

Minute Maid

Tree Top

Welch's

Old Orchard

Cereal

12 oz.

Cream of Wheat Original

General Mills Cheerios

General Mills Multi Grain Cheerios

General Mills Corn Chex

General Mills Rice Chex

Kelloggs Crispix

Kelloggs Rice Krispies

Kelloggs Special K

18 oz.

General Mills Cheerios

General Mills Multi Grain Cheerios

General Mills Kix

Kelloggs Corn Flakes

Kelloggs Frosted Mini Wheats

Kelloggs Rice Krispies

Kelloggs Special K

Post Honey Bunches of Oats – Honey Roasted

Post Honey Bunches of Oats - Almond

36 oz.

Mom Frosted Mini Spooners

Mom Original

Peanut Butter

18 oz. Jar

Least Expensive Brand

Smooth or Crunchy

Kroger



Smiths

Infant Cereal

8 oz. containers

Gerber: Rice* Oatmeal* Multi Grain

Beechnut: Oatmeal*Rice

Earth's Best Org: Oatmeal

Infant Fruits and Vegetables

4oz. Jars

Beechnut S1 & S2 (No Classic)

Earth's Best Organic

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

Earth's Best Organic

Special Issuances

Low Lactose Milk

Least Expensive Brand

Lactose Free

½ gallon or Gallon

Lactaid

Kroger

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, Banana, Strawberry, Chocolate

Pediasure – RTF w/ Fiber

8 oz. – Vanilla

Canned Fish

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

Starkist Kroger Chicken of the Sea COS

Juice

Children

64 oz. Bottles - 100% Fruit & Vegetable

Juicy Juice: Apple, Cherry, Fruit Punch, Grape, Kiwi Strawberry, Mango, Peach Apple, Strawberry Watermelon

Kroger: Apple Cider, Cranberry, Cranberry-Raspberry, Grape, Orange, Orange w/calcium, White Grape, Vegetable

Mott's: Apple

Welch's: Grape, White Grape

V-8: Vegetable Juice, Juice Low Sodium

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

Smith's

- 111 Coors Blvd. NW Albuquerque
 - 505-831-5545
- 3701 Constitution Ave NE Albuquerque
 - 505-256-9423
- 2580 Main Street Los Lunas
 - 505-865-3339

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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