

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

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
- 2351 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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employer”***