



PUEBLO OF ISLETA WIC

ALLOWABLE WIC FOODS WHEN SHOPPING

MYWIC APP

- SEE YOUR NEXT WIC APPOINTMENT (SCHEDULE, CHANGE AND VIEW)
- SEE YOUR WIC FOOD BALANCES (CURRENT AND FUTURE)
- SCAN FOOD BARCODES TO SEE IF THERE ALLOWABLE – APP MUST BE DOWNLOADED
- A BREAKDOWN OF ELIGIBLE SIZES
- GUIDED CERTIFICATIONS (UPLOAD DOCUMENTS NEEDED FOR CERTIFICATIONS)
- UPLOAD ONLINE CLASS INFORMATION

Ask your WIC Staff for more info

MILK

1-2 YR. OLD

- **WHOLE MILK**



**Gallon or
Half gallon**

2-5 YR. OLD AND
WOMEN

- 1%
- **LOW-FAT**
- **FAT FREE**



ANY AGE

- LACTAID OR LACTOSE
FREE MILK
- SOY MILK

ASK WIC STAFF FOR MORE INFO

CHEESE

ALLOWABLE

Sliced
Cheese



8, 12 or 16
ounce

String
Cheese



16 ounce

Shredded
Cheese



8 or 16
ounce

Blocked
Cheese



8, 16 or 32
ounce

CHEESE

TYPES

- CHEDDAR
- COLBY
- COLBY JACK
- MONTEREY JACK
- MOZZARELLA



Cheddar
and Colby



Monterey Jack



Colby Jack



Mozzarella

YOGURT

1-2 YR. OLD

- **WHOLE MILK YOGURT**



2-5 YR. OLD AND
WOMEN

- 1%
- **LOW-FAT**
- **FAT FREE**

WHOLE MILK YOGURT

32 OZ. TUB ONLY

- GREEK GODS
 - VANILLA
 - STRAWBERRY
 - PLAIN
- BROWN COW
 - VANILLA
 - MAPLE
 - PLAIN
- MOUNTAIN HIGH
 - PLAIN
 - STRAWBERRY
 - VANILLA
- FREANNA
 - AGAVE
 - HONEY
 - PLAIN
- WALLABY
 - GREEK STRAWBERRY
 - VANILLA
 - PLAIN
- O ORGANICS
 - VANILLA
 - PLAIN
- KROGER
 - VANILLA
 - PLAIN
- LUCERNE
 - PLAIN

WHOLE MILK YOGURT

32 OZ. TUB ONLY



Brown Cow WM



Greek Gods WM



Mountain High
WM



Freanna WM



Wallaby WM



O Organics WM



Kroger WM



Lucerne WM

LOW-FAT YOGURT

- ACTIVIA
- ACTIVIA GREEK
- ACTIVIA LIGHT
- CHOBANI LOW FAT
- CHOBANI GREEK
- CHOBANI WITH ZERO SUGAR
- DANNON LOW FAT
- DANNON LIGHT & FIT
- DANNON BLENDED
- YOPLAIT LOW FAT
- YOPLAIT GOGURT
- YOPLAIT GREEK
- OIKOS LOW FAT
- OIKOS TRIPLE ZERO
- OPEN NATURE GREEK
- OPEN NATURE ICELANDIC
- SIMPLE TRUTH LOW FAT
- SIMPLE TRUTH GREEK

LOW-FAT YOGURT



Activia

4- 4 oz. cups



Activia Greek

4-5.3 oz. cups



Activia Light

4- 4 oz. cups



Chobani Low Fat

4-5.3 oz. cups



Chobani Greek

4-5.3 oz. cups



Chobani Zero Sugar

4-5.3 oz. cups



Dannon Low Fat

4-5.3 oz. cups
32 oz. tubs



Light & Fit

4-5.3 oz. cups
32 oz. tubs



Yoplait Low Fat

32 oz. tubs



Yoplait Greek

4-5.3 oz. cups



16 oz. (8 – 2 oz. packs)

(Buy 2 packs to equal 32 oz.)

please use scanner in app to help with shopping

LOW-FAT YOGURT



Oikos Low Fat
4-5.3 oz. cups



Oikos Triple Zero
4-5.3 oz. cups



Open Nature Greek
4-5.3 oz. cups



Open Nature Icelandic
4-5.3 oz. cups



Simple Truth
Low Fat
32 oz. tubs



Simple Truth Greek
4-5.3 oz. cups

LOW-FAT YOGURT

- KROGER BLENDED
- KROGER GREEK
- FOOD CLUB
- FOOD CLUB BLENDED
- FOOD CLUB GREEK
- LUCERNE LOW FAT
- SHURFINE LOW FAT
- TWO GOOD LOW FAT
- MOUNTAIN HIGH LOW FAT
- BROWN COW
- NANCY'S LOW FAT

LOW-FAT YOGURT



Kroger Blended
4- 6 oz. cups



Kroger Greek
4-5.3 oz. cups



Lucerne Low-fat
32 oz. tubs



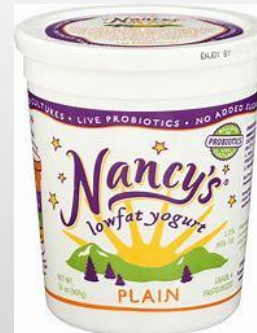
Lucerne
4- 6 oz. cups



Shurfine
4- 6 oz. cups



Food Club
4- 6 oz. cups



Nancy's Low-fat
32 oz. tubs



Two Good low-fat
4-5.3 oz. cups

EGGS

- WHITE EGGS
- BROWN EGGS

SMALL, MEDIUM OR LARGE EGGS (DOZEN)

SIZES VARY DEPENDING ON STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING



White Eggs



Brown Eggs

BEANS

CANNED OR BAGGED

- PINTO BEANS
- LENTILS
- BLACK BEANS
- LIMA BEANS
- NAVY BEANS
- RED KIDNEY BEANS
- BLACK EYE PEAS



16 oz. can

4- 16 oz. cans
equals
64 oz.



1 lb.
(pound)

***PLEASE LET STAFF KNOW IF YOU PREFER
CANNED BEANS***

BEANS

CANNED OR BAGGED



Pinto beans



Red Kidney
beans



Black beans



BRANDS VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING

BEANS

CANNED OR BAGGED



Lentils



Navy beans



Blackeye
Peas



Lima beans

BRANDS VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING

WHOLE GRAINS

FIRST INGREDIENT MUST BE “WHOLE GRAIN”

- WHOLE WHEAT BREAD IN LOAVES
- WHOLE WHEAT TORTILLAS
- CORN TORTILLAS (WHITE OR YELLOW)
- OATMEAL (ROLLED, STEEL CUT, OLD FASHIONED) (INSTANT OR QUICK)
- BROWN RICE
- WHOLE WHEAT PASTA (ANGEL HAIR, ELBOW, LINGUINE, PENNE, ROTINI, SPAGHETTI AND LASAGNE)
- WHOLE WHEAT BUNS
- RAISIN BREAD



Pepperidge Farm
Whole Wheat
Raisin Bread

16 oz.
loaf

WHOLE GRAINS

BRANDS AND SIZES VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING

Whole Wheat
Bread loaves



16 oz.
20 oz.
24 oz.

Whole Wheat
Tortillas



12.7 oz.
13 oz.
14 oz.
15 oz.
16 oz.
20 oz.

Whole Wheat
Buns



12 oz. – 23 oz.
8 count
(Reg. or Thin
buns)

WHOLE GRAINS

BRANDS AND SIZES VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING



Yellow
Corn Tortillas



White
Corn Tortillas

8 oz. – 32 oz.



Brown Rice

14 oz. – 32 oz.
Instant or Long Grain



Oatmeal

11 oz. – 18 oz.
Instant or Old
Fashioned



Whole Wheat
Pasta

12 oz. – 16 oz.
bag or box



Spaghetti



Rotini



Penne



Elbow



Lasagne

CEREAL

FLAVORS AND SIZES VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING

- CHEERIOS
- CHEERIOS MULTI-GRAIN
- CHEERIOS OAT CRUNCH BERRY
- CORN FLAKES
- CORN FLAKES HONEY
- CINNAMON LIFE CEREAL
- CRISP RICE
- GENERAL MILLS DORA/EXPLORER
- GENERAL MILLS GO DIEGO GO
- KIX
- HONEY KIX
- CRISPIX
- RICE KRISPIES
- SPECIAL K

Up to 36 oz.

CEREAL

FLAVORS AND SIZES VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING

- CORN CHEX
- BLUEBERRY CHEX
- FROSTED SHREDDED WHEAT
- STRAWBERRY MINI SPOONERS
- GRAPE NUTS

- GENERAL MILLS SS
 - BERRY
 - CINNAMON
- HONEY BUNCHES OF OATS
 - HONEY ROASTED
 - WITH ALMONDS
 - WITH CINNAMON

- FROSTED MINI WHEATS
 - BLUEBERRY
 - CINNAMON
 - PUMPKIN
 - STRAWBERRY
 - CHOCOLATE

Up to 36 oz.

CHILDREN'S 100% JUICE

FLAVORS VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING

- ORANGE
- APPLE
- MANGO
- CRANBERRY
- CRANBERRY GRAPE
- CRANBERRY RASPBERRY
- CHERRY
- GRAPE
- WHITE GRAPE
- FRUIT PUNCH
- KIWI STRAWBERRY
- PEACH APPLE
- STRAWBERRY WATERMELON
- PINEAPPLE

- APPLE CIDER
- V-8 LOW SODIUM

**64 oz.
bottle**



WOMEN – 100 % FROZEN JUICE

- ALBERTSON'S
- BEST CHOICE
- BIG 8
- DOLE
- DONALD DUCK
- ESSENTIAL EVERY DAY
- FLORIDA GOLD
- FOOD CLUB
- HILL COUNTRY
- JUICY JUICE
- KROGER
- LANGERS
- MINUTE MAID
- OLD ORCHARD
- PARADE
- REMARKABLE
- SENECA
- SHURFINE
- SIGNATURE
- TEXSUN
- TREETOP
- WHELCH'S

WOMEN – 100 % FROZEN JUICE



Old
Orchard



Welch's



Florida
Gold



Signature



Hill Country



Shurfine



Best Choice



Food Club



Kroger



**Everyday
Essentials**



Seneca



DOLE



Minute Maid



Tree Top

CVB \$\$ AMOUNT

Dollar amount will vary per family

- Fresh
- Frozen
- Canned



\$ FRESH FRUIT \$

- APPLES
- STRAWBERRIES
- GRAPEFRUIT
- ORANGES
- MANDARIN
ORANGES
- BANANAS
- GRAPES
(SEED/SEEDLESS)

- CHERRIES
- BLUEBERRIES
- MANGO
- HONEYDEW
- RASPBERRIES
- PAPAYA
- KIWI
- PEARS

- PLUMS
- POMEGRANATE
- PEACHES
- WATERMELON
(SEEDS/SEEDLESS)
- APRICOTS
- BLACKBERRIES
- CANTALOUPE



Apples



Strawberries



Grapefruit



Oranges



Mandarin
Oranges



Bananas



Grapes



Cherries



Blueberries



Mango



Honeydew



Raspberries



Papaya



Kiwi



Pears



Plums



Pomegranate



Peaches



Watermelon



Apricots



Blackberries



Cantaloupe

FRESH VEGETABLES \$\$

- FRESH ROMAINE
- GREEN/ORANGE/RED BELL PEPPERS
- SQUASH (YELLOW/GREEN)
- ASPARAGUS
- CUCUMBERS
- ONIONS (YELLOW/RED/WHITE)
- RUSSET POTATOES
- RADISH
- CABBAGE
- CELERY
- CARROTS
- YUKON POTATOES
- YELLOW HOTS
- ARTICHOKE
- BRUSSEL SPROUTS
- ICEBERG LETTUCE
- BROCCOLI
- CAULIFLOWER
- TOMATOES
- AVOCADOS
- EGGPLANT
- LEMONS & LIMES
- CHERRY TOMATOES
- ROMA TOMATOES
- MUSHROOMS
- JALAPENOS



Romaine Lettuce



Bell Peppers



Squash



Asparagus



Cucumbers



Onions



Russet Potatoes



Radishes



Cabbage



Celery



Carrots



Yukon Potatoes



Yellow Hots



Artichokes



Brussel Sprouts



Iceberg Lettuce



Broccoli



Cauliflower



Tomatoes



Avocados



Eggplant



Limes & Lemons



Cherry Tomatoes



Roma Tomatoes



Mushrooms



Jalapenos

CANNED FRUIT & VEGGIES \$\$

- CORN
- GREEN BEANS
- PEAS
- SPINACH
- CARROTS
- TOMATO PASTE
- DICED TOMATOES
- SPINACH
- MIXED VEGETABLES
- BEETS
- TOMATO SAUCE
- TOMATOES W/GREEN CHILIS
- SLICED JALEPENOS
- APPLESAUCE
- PINEAPPLE
- PUMPKIN
- PEACHES
- PEAR
- FRUIT COCKTAIL



Can
Corn



Can
Green Beans



Can
Sweet Peas



Can
Spinach



Can
Carrots



Can
Tomato Paste



Can
Diced Tomato



Can
Spinach



Can
Mixed
Vegetables



Can
Sliced Beets



Can
Tomato Sauce



Can
Diced Tomatoes
& Green Chilies



Can
Jalepenos



Can
Applesauce



Can
Crushed
Pineapple



Can
Pineapple
Chunks



Can
Pineapple Tidbits



Can
Pumpkin



Can
Peaches



Can
Pears



Can
Fruit Cocktail

FROZEN \$\$

- STRAWBERRIES
- MIXED FRUIT
- PINEAPPLES
- BLUEBERRIES
- MANGO
- RED CHILI
- GREEN CHILI
- MIXED VEGETABLES
- CORN ON THE COB
- GREEN BEANS
- SWEET PEAS
- PEAS WITH SNAPS
- SNAP PEAS
- BROCCOLI
- STIR FRY
- HASH BROWNS
- ASPARAGUS
- CAULIFLOWER
- ORGANIC SPAGHETTI SQUASH



Frozen
Strawberries



Frozen
Mixed Fruit



Frozen
Pineapple



Frozen
Blueberries



Frozen
Mango Chunks



Frozen
Red Chili



Frozen
Green Chili



Frozen
Mixed
Vegetables



Frozen
Corn on the Cob



Frozen Green
Beans



Frozen
Sweet Peas



Frozen
Peas with Snaps



Frozen
Snap Peas



Frozen
Broccoli Florets



Frozen
Stir Fry



Frozen
Hash browns



Frozen
Asparagus



Frozen
Cauliflower



Frozen
Spaghetti Squash

CVB \$\$

- SALSA



- BAGGED SALAD
(WITHOUT DRESSING)



- GOGO SQUEEZ APPLESAUCE



BRANDS VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING

SPECIAL ISSUANCES

Canned Fish 30 oz.

Tuna



5 ,6, 12 oz. Cans

In Water or Oil



2.5 oz.



2.6 oz.

Pouches

Salmon



5 or 6 oz. Cans



14.75 oz. Cans

Pink or Red

Sardines



3.75 oz. Cans

BRANDS AND FLAVORS VARY BY STORE

PLEASE USE SCANNER IN APP TO HELP WITH SHOPPING