



PUEBLO OF ISLETA WIC

Food List and Shopping Guide



www.isletapueblo.com/tribal-programs/wic-woman-infants-children/

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myWIC App

Manage your WIC benefits with the new **myWIC** app!
Learn more and download the app today.



Schedule, change, and view appointments



Check your monthly benefits and track purchases



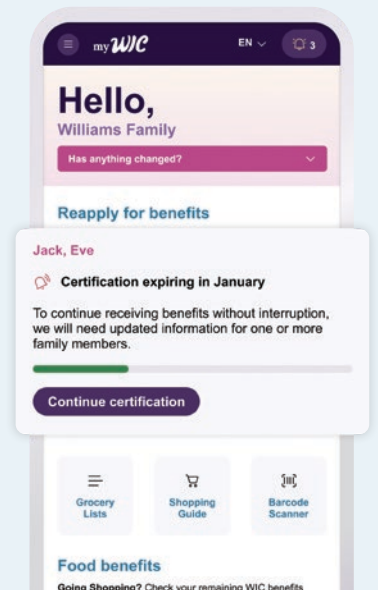
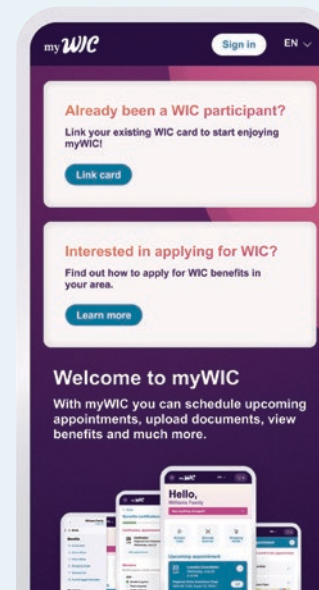
Scan items while you shop to determine if an item is WIC approved and if you have active benefits for it



Follow the easy, step-by-step way to upload documents before WIC appointments



Get reminders and updates about appointments and healthy foods



Shopping Tips

Using the card reader at the grocery store

- Tell the cashier a Isleta WIC card will be used to pay for all or part of the purchase.
- The cashier will say when to insert your card in the card reader and when to enter your PIN.
- Leave the card in the card reader until the cashier says to take it out.

If foods don't scan at the register

- Check the size and brand against the Isleta WIC Foods Shopping Guide.
- Be sure there are enough benefits left on the WIC card for the item.
- If the item should be covered by WIC benefits, please write down or take a picture of the item (including the UPC code), and send to the Isleta WIC Vendor line at **505-389-8668**.
- If you have any problems at the grocery store call our office **505-869-2662** or Vendor line at **505-389-8668**.

Check and save all store receipts

- Check the "Items Purchased" on the receipt.
- Make sure all WIC foods that were bought are on the receipt.
- Save the receipt(s)!! The receipt(s) will show beginning benefits balance, the total WIC purchase, and what benefits are left on the WIC EBT card.

WIC and SNAP better together

- Please scan WIC-approved foods before scanning foods being purchased with SNAP.

PROTEIN

Beans, Peas & Lentils

- Fat Free refried beans OK

1 lb. packages of dry beans (any variety), peas & lentils, 14.5 up to 16 oz. canned beans

Here are some examples of products that are allowed:



PROTEIN

Tofu

14 up to 16 oz. packages

Here are some examples of products that are allowed:



PROTEIN

Eggs

- Check carton for broken eggs
- Organic, cage free, vegetarian fed OK

- **No** omega 3 or low cholesterol

All brands, Grade A or AA, all sizes available, white and brown are allowed



PROTEIN

Peanut Butter

- Old fashioned/natural OK

- **No** added marshmallows, jelly, honey, chocolate or similar ingredients
- **No** reduced fat

All brands of smooth or crunchy: 16 up to 18 oz. jars

Here are some examples of products that are allowed:



WHOLE GRAINS

Whole Wheat Tortillas

First ingredient must be "whole grain" or "whole wheat"

13 oz. or larger



Other brands may be available.

WHOLE GRAINS

Corn Tortillas

8 oz. or larger

 Albuquerque Tortilla Co.	 Best Buy	 Best Choice	 Bueno
 Candys	 Celias	 Don Pancho	 Guerrero
 Herdez	 Kroger	 La Banderita	 La Bonita
 La Burrita	 La Favorita	 La Polblanita	 La Primera
 Marcella Valladolid	 Mission	 Ramirez	 Santa Fe










Other brands may be available.

WHOLE GRAINS

Whole Wheat Bread

First ingredient must be "whole grain" or "whole wheat"

12 up to 32 oz.

 Best Choice	 Bimbo	 Bunny
 Earth Grains	 Frontier	 Home Pride
 Kroger	 Milton's	 Nature's Harvest

Other brands may be available.



Nature's Own



Nature's Pride



Oroweat



Ozark Hearth



Pepperidge Farm



Private Selection



Roman Meal



Sara Lee



Signature Select



Wonder



WHOLE GRAINS

Pasta

- ✓ First ingredient must be "whole grain" or "whole wheat"
- Any shape such as elbow, penne, rotini, spirals or spaghetti are allowed
- Organic is allowed

- ✗ No brown rice flour or corn flour pasta

12 up to 16 oz.

Here are some examples of products that are allowed:



Barilla



Best Choice



Clearly Organic



Davinci



Essential Everyday



Food Club



Full Circle Organic



Heartland



Kroger



O Organics



Racconto



Ronzoni Healthy Harvest



Signature Select



Simple Truth

Other brands may be available.

WHOLE GRAINS

Oatmeal

11 up to 32 oz.

Here are some examples of products that are allowed:



Best Choice
Old Fashioned Oats,
5 Minutes
Quick Oats, 1 Minute



Essential
Everyday



Food Club



Kodiak Protein
Oats



Kroger



McCann's Irish



Mom's Best
Quick Oats



Mother's



Price Rite



Quaker Crystal
Wedding Oats



Quaker
Oat Bran



Quaker Quick
3-Minute Oats



Silver Palate



Simple Truth



Signature
Select

WHOLE GRAINS

Brown Rice

Must be brown rice

12 up to 32 oz.

Here are some examples of products that are allowed:



Adolphus



Best Choice



Blue Ribbon



Carolina



C&F



Comet



Essential
Everyday



Food Club



Full Circle



Gourmet
House



Goya



Gulf Pacific



Hinode



Hy-Top



Kroger



Lundberg



Mahatma



Minute



Nishiki



O Organics



Peak



Riceland



River



Signature
Select



Success





FRUITS & VEGETABLES

Fresh, Frozen, and Canned

- Participants may pay the difference for produce (fresh, frozen, or canned) over the dollar amount on the Isleta WIC Shopping List
- Organic is OK
- Mixed 100% vegetables OK
- Bagged salads (without dressing) OK
- Yams, sweet potatoes and potatoes OK
- Canned in juice or water only
- Fresh cut fruit with no sugar or preservative

- **No** herbs
- **No** dried fruits or vegetables
- **No** added cream, sauce, salt, fat, or sugar



INFANT PRODUCTS

Infant Cereal

- Infants 6-12 months
- Organic OK
- Rice, Oatmeal, Multigrain
- **No** added fruit in cereal, no DHA/ARA

8 oz. box/container



Beech-Nut



Earth's Best



Gerber

INFANT PRODUCTS

Formula

Type listed on Isleta WIC Shopping List

Brand & Size:

Check Isleta WIC Shopping List for prescribed formula



INFANT PRODUCTS

Infant Fruits and Vegetables

- Fruits and vegetables only
- Infants 6-12 months

- **No** infant foods with added starch, rice, noodles, or mixed vegetable-meat products

Up to 128 oz.

Here are some examples of products that are allowed:



Beech-Nut



Earth's Best



Gerber



Happy Baby Organics



O Organics



Plum Organics



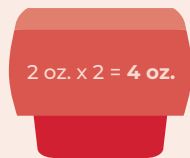
Wild Harvest

Ways to purchase 128 oz. of infant food:



4 oz.

4 oz. jars
Quantity: 32



2 oz. x 2 = 4 oz.

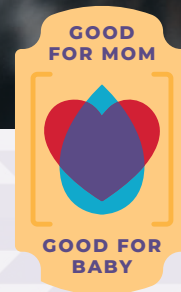
2 oz. 2 pack
Quantity: 32



4 oz. x 2 = 8 oz.

4 oz. 2 pack
Quantity: 16

Breast milk is uniquely tailored to meet the health needs of a growing baby.



Benefits of Breastfeeding



Families who follow breastfeeding practices can save between \$1,200–\$1,500 per year compared to infants on formula.

Exclusive breastfeeding mothers receive more WIC food benefits.



When scheduling your WIC appointment ask about the WIC Peer Counselor Program by calling 505-917-0159.

WIC Peer counselors:

- Help mothers breastfeed successfully.
- Provide one-on-one breastfeeding support 24/7 and free of service.

EXCLUSIVELY BREASTFEEDING

Infant Fruits and Vegetables

Fully breastfed infants receive infant fruits and vegetables, in addition to infant meats.

No **DHA/ARA**

Up to 256 oz.

Here are some examples of products that are allowed:



Happy Baby Organics



Beech-Nut



Earth's Best



Gerber



O Organics



Plum Organics

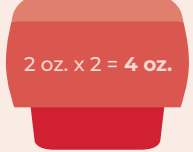


Wild Harvest

Ways to purchase 256 oz. of infant food:



4 oz. jars
Quantity: 64



2 oz. 2 pack
Quantity: 64



4 oz. 2 pack
Quantity: 32

EXCLUSIVELY BREASTFEEDING

Infant Meats

Up to 77.5 oz.

Here are some examples of products that are allowed:



Beech-Nut



Earth's Best



Gerber



O Organics

Ways to purchase 77.5 oz. of infant meats:



2.5 oz. jars
Quantity: 31

EXCLUSIVELY BREASTFEEDING

Fish

Fully breastfeeding women receive pouch or canned fish.

All brands



Tuna

- 2.5 up to 12 oz. can or pouch
- Chunk light
- Packed in water, oil, or vegetable broth
- Flavors allowed



Salmon

- 2.5 up to 14.75 oz. can or pouch
- Pink salmon
- Packed in water or oil



Sardines

- 3.75 up to 15 oz. can
- Packed in water, oil, tomato sauce, hot sauce, mustard, or with lemon

Ways to purchase 30 oz. of canned fish:

Tuna

- 5 oz. can
Quantity: 6
- 6 oz. can
Quantity: 5
- 2.5 oz. pouch
Quantity: 12
- 2.6 oz. pouch
Quantity: 11
- 5 oz. pouch
Quantity: 6

Salmon

- 3.75 oz. can
Quantity: 8
- 6 oz. can
Quantity: 5
- 7.5 oz. can
Quantity: 4
- 14.75 oz. can
Quantity: 2
- 2.5 oz. pouch
Quantity: 12
- 5 oz. pouch
Quantity: 6

Sardines

- 3.75 oz.
Quantity: 8
- 4.25 oz.
Quantity: 7
- 15 oz.
Quantity: 2

CEREAL

WG = WHOLE GRAIN

GF = GLUTEN FREE

Cold Cereal

8 up to 36 oz. packages

Here are some examples of products that are allowed:

General Mills



Cheerios
Original^{WG GF}
8.9 oz., 12 oz., 18 oz.,
20 oz., 21.7 oz., 28 oz.



Cheerios Multi
Grain^{WG GF}
9 oz., 12 oz.,
18 oz., 20.6 oz.



Cheerios Oat
Crunch Berry^{WG}
18 oz., 24 oz.



Cheerios
Vanilla Spice
12 oz., 18 oz.



Chex
Blueberry^{GF}
12 oz.



Chex
Cinnamon^{GF}
12 oz., 19.2 oz.



Chex Corn^{GF}
12 oz., 18 oz.



Chex Honey Nut^{GF}
12 oz.



Chex Rice^{GF}
12 oz., 18 oz.



Dora The
Explorer
18 oz.



Go Diego Go
18 oz.



Kix^{WG}
12 oz., 18 oz.



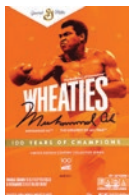
Kix Berry Berry^{WG}
18 oz.



Kix Honey^{WG}
18 oz.



Total Whole Grain^{WG}
16 oz.



Wheaties^{WG}
15.6 oz.

Kashi



Kashi Honey Toasted
10.5 oz., 12 oz.



Kashi Warm Cinnamon
10.5 oz., 12 oz.

Kellogg's



All Bran Complete
Wheat Flakes^{WG}
18 oz.



Corn Flakes
9.6 oz., 12 oz., 18 oz.,
24 oz., 25.2 oz., 36 oz.



Corn Flakes
Honey Flavor
19.2 oz.



Crispix
9.6 oz., 12 oz.,
18 oz., 24 oz.



Mini Wheats
Unfrosted^{WG}
14.5 oz., 16 oz., 18 oz.,
24 oz., 32 oz., 34 oz., 36 oz.



Frosted Mini
Wheats^{WG}
14.5 oz., 16 oz., 18 oz., 24
oz., 32 oz., 34 oz., 36 oz.



Frosted Mini Wheats
Blueberry Muffin^{WG}
13.3 oz., 14.3 oz., 20 oz.,
22 oz.



Frosted Mini Wheats
Cinnamon Roll^{WG}
13.3 oz., 14.3 oz., 20 oz.,
22 oz.



Frosted Mini Wheats
Pumpkin Pie Spice^{WG}
13.3 oz., 14.3 oz., 20 oz.,
22 oz.



Frosted Mini Wheats
Strawberry^{WG}
13.3 oz., 14.3 oz.,
20 oz., 22 oz.



Frosted Mini
Wheats Little Bites^{WG}
14.8 oz., 15.9 oz.,
22.2 oz., 23 oz.



Frosted Mini
Wheats Little
Bites Chocolate^{WG}
14.8 oz., 15.9 oz.,
22.2 oz., 23 oz.





Rice Krispies
9 oz., 12 oz., 18 oz.,
24 oz., 25.2 oz.



Special K
9.6 oz., 12 oz., 18 oz.



Special K Touch
of Cinnamon^{WG}
13.3 oz., 19 oz.

Malt-O-Meal



Crispy Rice^{CF}
12 oz., 18 oz., 36 oz.



Frosted Mini
Spooners^{WG}
12 oz., 18 oz., 36 oz.



Strawberry Cream
Mini Spooners^{WG}
18 oz., 36 oz.



Grape Nuts
20.5 oz., 29 oz.



Grape Nuts
Flakes^{WG}
18 oz.



Great Grains Banana
Nut Crunch^{WG}
15.5 oz., 18 oz.



Great Grains
Cranberry Almond
Crunch^{WG}
14 oz.



Honey Bunches
of Oats Almond
12 oz., 14.5 oz., 18
oz., 23 oz., 28 oz.



Honey
Bunches of Oats
Cinnamon Bunches
12 oz., 14.5 oz.



Honey Bunches of
Oats Honey Roasted
12 oz., 14.5 oz., 18 oz., 23
oz., 28 oz., 32 oz.



Honey
Bunches of
Oats Vanilla
12 oz., 18 oz.



Honey Bunches
of Oats Maple &
Pecans
12 oz., 14.5 oz.



Honey Bunches of
Oats Whole Grain
Honey Crunch
18 oz.



Life^{WG}
18 oz.



Life Cinnamon^{WG}
18 oz.



Life Strawberry^{WG}
18 oz.

Post



Life Vanilla^{WG}
18 oz.



Grain Berry Apple
Cinnamon
12 oz.



Grain Berry
Cinnamon Frosted
16 oz.



Grain Berry
Honey Nut
12 oz.



Grain Berry
Multi-Bran
Flakes
12 oz.



Grain Berry
Original
Tosted Oats
12 oz.



Grain Berry
Shredded
Wheat
14 oz.

Store Brands

Best Choice

- Corn Crisps
- Corn Flakes
- Crisp Rice
- Crispy Corn & Rice
- Frosted Shredded Wheat^{WG}
- Rice Squares^{CF}
- Wheat Flakes



- Corn Flakes
- Corn Squares^{CF}
- Crisp Rice
- Frosted Shredded Wheat^{WG}
- Rice Squares^{CF}
- Toasted Oats



- Corn Flakes
- Crisp Rice
- Frosted Shredded Wheat
- Toasted Oats



CEREAL

Hot Cereal

WG = WHOLE GRAIN

GF = GLUTEN FREE

Choose from these brands and sizes

8 up to 36 oz. packages

B&G Foods



Cream of Rice^{GF}
12 oz., 14 oz.



Cream of Wheat
Original
12 oz.



Cream of Wheat
2½ Minute
12 oz.



Cream of Wheat
Whole Grain^{WG}
18 oz.

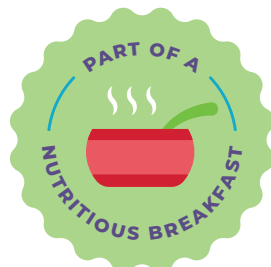
Malt-O-Meal



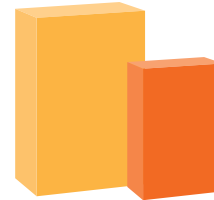
Original
18 oz., 36 oz.



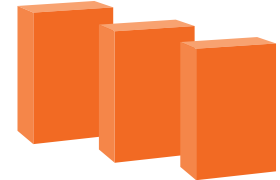
Chocolate
28 oz., 36 oz.



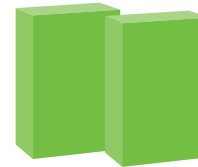
Ways to Buy Up to 36 Ounces of Cereal



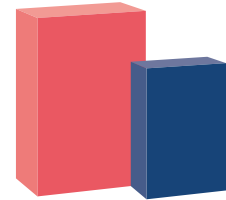
24 oz. 12 oz.
= 36 oz.



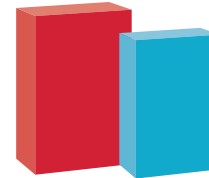
12 oz. 12 oz. 12 oz.
= 36 oz.



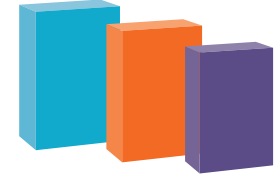
18 oz. 18 oz.
= 36 oz.



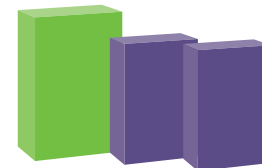
23 oz. 13 oz.
= 36 oz.



21 oz. 15 oz.
= 36 oz.



15 oz. 12 oz. 9 oz.
= 36 oz.



18 oz. 9 oz. 9 oz.
= 36 oz.

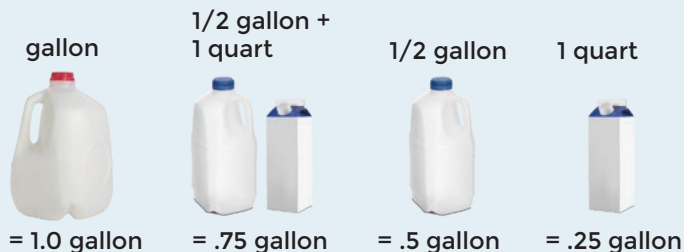
DAIRY

Milk

- Children ages 1-2 get whole milk
- Women and children ages 2-5 receive low-fat milk (1%, nonfat, or skim)
- Plastic or carton
- Low lactose in quart or half-gallon containers, non-GMO
- Shelf stable and UHT milk in half-gallon and quart containers
- Organic milk

Buy any brand by the gallon, half gallon, or quart for whole or low-fat (1% and nonfat)

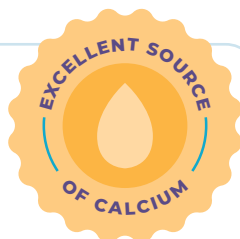
How your receipt measures milk



DAIRY

Soy Milk

**64 oz. (1/2 gal) or 32 oz. (1 qt)
from shelf or refrigerated**



8th
Continent



Pacific
Natural
Ultra Soy



Silk



West Soy



DAIRY

Cheese

- Block, shredded, and sliced cheese
- **No** cheese spreads or processed cheese

8 up to 32 oz. packages

- Cheddar (all types)
- Colby
- Colby Jack
- Monterey
- Mozzarella (also available in string 16 oz.)
- Muenster
- Swiss



Low Fat/Fat Free Yogurt

- Issued to women and children aged 2-5 years old
- Greek and organic are allowed

Here are some examples of products that are allowed:

ACTIVIA

32 oz. tub
4-4 oz. pack
4-5.3 oz. pack



BROWN COW
32 oz. tub

Chobani

32 oz. tub
5.3 oz.
4-5.3 oz. pack
8-4 oz. pack

DANNON

32 oz. tub
5.3 oz.
4-4 oz. pack
4-5.3 oz. pack



32 oz. tub



32 oz. tub
5.3 oz. cup
6 oz. cup



32 oz. tub
24 oz. tub



32 oz. tub
5.3 oz. cup
6 oz. cup
4-5.3 oz. pack



32 oz. tub
5.3 oz. cup
6 oz. cup



32 oz. tub



32 oz. tub

OIKOS

32 oz. tub
5.3 oz. cup
4-5.3 oz. pack



32 oz. tub



32 oz. tub



32 oz. tub
6 oz. cup



32 oz. tub
5.3 oz. cup



32 oz. tub
8-2 oz. tub pack
16-2 oz. tub pack



32 oz. tub
4-5.3 oz. pack



32 oz. tub



32 oz. tub
5.3 oz. cup
6 oz. cup
8-4 oz. pack



8-2 oz. tub pack
16-2 oz. tub pack

Whole Milk Yogurt

- Issued to children aged 1-2 years old
- Greek and organic are allowed

Here are some examples of products that are allowed:



32 oz. tub

Chobani

32 oz. tub

DANNON

32 oz. tub
4-5.3 oz. pack



32 oz. tub



32 oz. tub



32 oz. tub



32 oz. tub



32 oz. tub



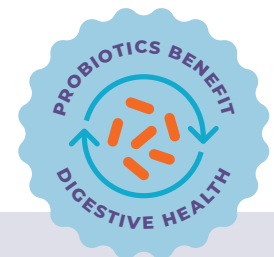
32 oz. tub



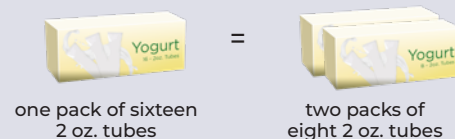
32 oz. tub



32 oz. tub



How to Buy 32 oz. of Yogurt



100% JUICE

Child's Juice



• Children receive 64 oz. size

• No juice cocktails

64 oz.

Here are some examples of products that are allowed:

Always Save

Apple
Grape
Orange



Best Choice

Apple
Apple Cider
Berry
Cherry
Grape
Grapefruit
Pineapple
Punch
Vegetable
White Grape



BigTex

Apple
Grape
Grapefruit
Orange
Orange Pineapple
Orange Mango
Pineapple
Pineapple Mango
Tomato
Vegetable
White Grape



Essential Everyday

Apple
Berry
Cranberry
Cranberry Grape
Cranberry Raspberry
Fruit Punch
Grape
Orange
Pineapple
Pomegranate
Pomegranate
Blueberry
Prune
Tomato
Vegetable
White Grape



Campbell's

Tomato



Food Club

Apple
Grape
Grapefruit
Orange
Pineapple
Spicy Vegetable
Vegetable
White Grape



Freedom's Choice

Apple
Grape



Harvest Classic

Apple
Cranberry Grape



Hy-Top

Apple
Grape
White Grape



Juicy Juice

Apple
Apple Raspberry
Berry
Cherry
Cranberry Apple
Grape
Kiwi Strawberry
Mango
Orange Tangerine
Passion Fruit
Peach Apple
Punch
Strawberry Banana
Strawberry Watermelon
Tropical
White Grape



Kroger

Apple
Apple Cider
Cranberry
Grape
Grapefruit
Orange
Pineapple
Red Ruby Grapefruit
Vegetable
White Grape
White Grape Peach



Langers

Apple Orange
Pineapple
Cranberry
Pineapple



Mott's

Apple
White Grape





O Organics

Apple



Old Orchard

Acai Pomegranate
Apple
Apple Cranberry
Berry
Black Cherry Cranberry
Blueberry
Pomegranate
Cherry
Pomegranate
Cranberry
Pomegranate
Grape
Kiwi Strawberry
Mango Tangerine
Orange
Peach Mango
Pineapple
Red Raspberry
White Grape
Wild Cherry



Parade

Apple
Grape
Orange
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Pink Grapefruit
Vegetable



Shurfine

Apple
Apple Cider
Cranberry Apple
Cranberry Blend
Cranberry
Raspberry
Grape
Grapefruit
Orange
Pineapple
Pink Grapefruit
Tomato
White Grape
Vegetable



Signature Select

Apple
Apple Cider
Cranberry
Cranberry Grape
Cranberry Raspberry
Grape
Grapefruit
Orange
Pineapple
Tomato
Vegetable
White Grape



Springfield

Apple
Cranberry
Cranberry Apple
Cranberry Grape
Grape
Grapefruit
Pineapple
Vegetable
White Grape



TEXSUN

Apple
Grape
Orange
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Ruby Red
Tomato
Vegetable



V-8

Spicy Hot Vegetable
Vegetable Low
Sodium



Welch's

Grape
Red Grape
Tropical Trio
White Grape



Women's Juice

• Women receive frozen, 100% Juice

11.5 up to 12 oz.

Here are some examples of products that are allowed:



Always Save
Apple
Orange



Best Choice
Apple
Country Style Orange
Orange (pulp free, calcium fortified)



Best Yet
Apple
Country Style Orange
Orange (pulp free, with pulp, calcium fortified)



Dole
Banana
Orange Peach Mango
Pineapple
Pineapple Orange
Pineapple Orange
Strawberry
Strawberry Banana



Essential Everyday
Apple
Grape
Orange (pulp free, calcium fortified)



Food Club
Apple
Country Style Orange
Orange (pulp free, more pulp, calcium fortified)
Purple Grape



Florida Gold
Orange (pulp free, with pulp)



Kroger
Apple
Grape
Grapefruit
Orange (pulp free, with pulp, calcium fortified)
Pineapple
Pineapple Orange



Minute Maid
Apple
Grapefruit
Country Style Orange
Orange (pulp free, with pulp, calcium fortified)



Old Orchard
Apple
Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Passion Fruit
Mango
Apple Raspberry
Apple Strawberry
Banana
Berry
Blueberry Pomegranate
Cherry Pomegranate
Cranberry
Cranberry Pomegranate
Cranberry Raspberry
Grape
Orange
Pineapple
Pineapple Orange
Pineapple Orange
Banana
White Grape



Signature Select
Apple
Country Style Orange
Orange



TreeTop
Apple



Welch's
Apple
Fruit Fantastic
Grape
Purple Grape
White Grape
White Grape Peach
White Grape
Raspberry



QUESTIONS?

Call 505-869-2662

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Albuquerque, NM 87105**



Effective June 2024

This institution is an equal opportunity provider.
The information in this booklet is subject to change.