

**Subject: Approved Foods**

**Effective Date:** October 1, 2019

**Policy:** Clients may buy only foods listed as approved in the *Tennessee WIC Shopping Guide*. The list of approved foods is revised as needed. Always use the *Tennessee WIC Shopping Guide* with the most current effective date. No other approved food list should be used. Contact Central Office for information regarding WIC approved foods.

**Reference:** CFR §246.10

<b>Tennessee WIC Approved Foods Effective October 1, 2019 through September 30, 2021</b>	
<p><b>Baby Food – Fruits &amp; Vegetables</b></p> <p>4 oz. containers or twin packs</p>	<p>Single or mixed fruits and/or vegetables</p> <ul style="list-style-type: none"> <li>• No added sugar, starch or salt</li> <li>• No added DHA/ARA</li> </ul> <p>Brands include: Beechnut, Gerber, Tippy Toes</p> <p><b>Cannot buy:</b> desserts, dinners, cobblers, delights, or organic</p>
<p><b>Baby Food – Meats</b></p> <p>2½ oz. container</p>	<p>Meats with broth and/or gravy</p> <p>Brands include: Beechnut, Gerber</p> <p><b>Cannot buy:</b> dinners or organic</p>
<p><b>Infant Cereal –</b></p> <p>8 or 16 oz. container</p>	<ul style="list-style-type: none"> <li>• Barley</li> <li>• Mixed</li> <li>• Oatmeal</li> <li>• Rice</li> <li>• Whole Wheat</li> </ul> <p>Brands include: Beechnut, Gerber, Home 360, Kroger, Parent’s Choice, or Tippy Toes</p> <p><b>Cannot buy:</b> cereal with added fruit, formula, DHA/ARA or organic</p>
<p><b>Infant Formula</b></p>	<p>The brand, type and size as listed on the benefit balance (shopping list).</p> <p><b>Cannot buy:</b> any other brand, type or size</p>

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<p><b>Milk</b></p> <p>Type and container size as listed on the benefit balance (shopping list)</p>	<ul style="list-style-type: none"> <li>• Skim, 0%, 1/2%, or 1% milk</li> <li>• Reduced Fat 2%</li> <li>• Whole milk</li> <li>• Fat free, Lowfat or Reduced fat Lactose Free</li> <li>• Whole Lactose Free</li> <li>• Fat free or Lowfat Evaporated</li> <li>• Whole Evaporated</li> <li>• Nonfat Dry</li> <li>• Buttermilk</li> <li>• Soy milk (if listed on benefits)</li> </ul> <p><b>Cannot buy:</b> flavored milk, raw unpasteurized milk, non-dairy milk substitutes, coconut milk, rice milk, almond milk, organic, or glass bottle</p>
<p><b>Eggs</b></p> <p>One dozen</p>	<p>Grade A large</p> <p><b>Cannot buy:</b> brown, free-range, specialty eggs, or organic</p>
<p><b>Cheese</b></p> <p>8 or 16 oz. packages</p> <p>block, shredded, sliced, string, or cubed (unless otherwise noted)</p>	<p><b>Store brand/Private label unless only dairy and national brands are available:</b></p> <ul style="list-style-type: none"> <li>• Pasteurized Processed American (sliced only)</li> <li>• Cheddar</li> <li>• Colby</li> <li>• Cojack</li> <li>• Monterey Jack</li> <li>• Mozzarella</li> <li>• Muenster</li> <li>• Provolone</li> <li>• Swiss</li> </ul> <p><b>Cannot buy:</b> imported cheese, cheese food, cheese product, cheese spread, cheese with added flavors, or organic</p>

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<h1 style="font-size: 48px; margin: 0;">Juice</h1> <p style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 14px; margin: 0;">Cannot buy: infant juice, organic or DHA added juice, no juice cocktails, drinks, ades or with added sugar</p>	<p><b>Cuties</b></p>	<p><b>48 oz. Plastic Bottles:</b></p> <ul style="list-style-type: none"> <li>• Tangerine</li> <li>• Tangerine, orange, pineapple</li> </ul>	
	<p><b>Delsea Farms</b></p>	<p><b>64 oz. Plastic Bottles:</b></p> <ul style="list-style-type: none"> <li>• Apple, granny smith</li> <li>• Apple, honey crisp</li> </ul>	
	<p><b>Diane’s Garden</b></p>	<p><b>64 oz. Plastic Bottles:</b> Vegetable</p>	
	<p><b>Dole</b></p>	<p><b>11.5-12 oz. Frozen Concentrate:</b></p> <ul style="list-style-type: none"> <li>• Pineapple Orange</li> <li>• Pineapple Orange Banana</li> </ul>	
	<p><b>Essential Everyday</b></p>	<p><b>64 oz. Plastic Bottles:</b> Apple</p>	
	<p><b>Food Club</b></p>	<p><b>48 or 64 oz. Plastic Bottles:</b></p> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Cherry</li> <li>• Cranberry grape</li> <li>• Cranberry</li> <li>• Grape</li> <li>• Pineapple</li> <li>• Tomato</li> <li>• Vegetable</li> <li>• White grape</li> <li>• White grapefruit</li> </ul>	<p><b>11.5-12 oz. Frozen Concentrate:</b></p> <ul style="list-style-type: none"> <li>• Grape</li> <li>• Orange</li> <li>• Orange, pulp free</li> <li>• Orange, calcium</li> <li>• Orange, extra pulp</li> </ul>
	<p><b>Food Lion</b></p>	<p><b>48 or 64 oz. Plastic bottles:</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Berry blend</li> <li>• Cherry</li> <li>• Fruit punch</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Pineapple</li> <li>• Tomato</li> <li>• White grape</li> <li>• White grape peach</li> </ul>	<p><b>11.5-12 oz. Frozen Concentrate:</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> <li>• Orange, calcium</li> <li>• Orange, extra pulp</li> </ul>

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	<b>Freedom's Choice</b>		<b>12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> </ul>
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<p><b>Juice</b></p> <p>Cannot buy: infant juice, organic or DHA added juice, refrigerated juice, no juice cocktails, drinks, ades or with added sugar</p>	<b>Cuties</b>	<b>48 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Tangerine</li> <li>• Tangerine, orange, pineapple</li> </ul>	
	<b>Delsea Farms</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple, granny smith</li> <li>• Apple, honey crisp</li> </ul>	
	<b>Diane's Garden</b>	<b>64 oz. Plastic Bottles:</b> Vegetable	
	<b>Dole</b>		<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Orange</li> <li>• Orange Banana</li> </ul>
	<b>Essential Everyday</b>	<b>64 oz. Plastic Bottles:</b> Apple	
	<b>Food Club</b>	<b>48 or 64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Cherry</li> <li>• Cranberry grape</li> <li>• Cranberry</li> <li>• Grape</li> <li>• Pineapple</li> <li>• Tomato</li> <li>• Vegetable</li> <li>• White grape</li> <li>• White grapefruit</li> </ul>	<b>11.5-12 oz. Frozen Concentrate</b> <ul style="list-style-type: none"> <li>• Grape</li> <li>• Orange</li> <li>• Orange, pulp free</li> <li>• Orange, calcium</li> <li>• Orange, extra pulp</li> </ul>
	<b>Food Lion</b>	<b>48 or 64 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Berry blend</li> <li>• Cherry</li> <li>• Fruit punch</li> <li>• Grape grapefruit</li> <li>• Pineapple</li> <li>• Tomato</li> <li>• White grape</li> </ul>	<b>11.5-12 oz. Frozen Concentrate</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> <li>• Orange, calcium</li> <li>• Orange, extra pulp</li> </ul>

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		<ul style="list-style-type: none"> <li>• White grape peach</li> </ul>	
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<p><b>Juice</b></p> <p>Cannot buy: infant juice, organic or DHA added juice, no juice cocktails, drinks, ades or with added sugar</p>	<b>Great Value</b>	<b>64 or 96 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Cranberry blend</li> <li>• Cranberry grape</li> <li>• Grape</li> <li>• Tomato</li> <li>• Vegetable</li> <li>• White grape</li> <li>• White grape peach</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Orange</li> <li>• Orange, pulp free</li> <li>• Orange, country style</li> <li>• Orange, calcium</li> </ul>
	<b>Harvest Classic</b>	<b>48 Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> </ul>	
	<b>Hy-Top</b>	<b>64 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Tomato</li> <li>• Vegetable</li> <li>• White grape</li> </ul>	
	<b>IGA</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Grape</li> <li>• White grape</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Orange</li> </ul>
	<b>Indian Summer</b>	<b>64 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Premium Apple (also 128 oz.)</li> </ul>	
	<b>Juicy Juice</b>	<b>48, 64, or 128 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Any flavor</li> </ul>	

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<p><b>Juice</b></p> <p>Cannot buy: infant juice, organic or DHA added juice, no juice cocktails, drinks, ades or with added suga</p>	<p><b>Kroger</b></p>	<p><b>64 oz. Plastic Bottles:</b></p> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Cranberry</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Pineapple</li> <li>• Pineapple orange</li> <li>• Vegetable</li> <li>• Vegetable, spicy</li> <li>• Vegetable, low sodium</li> <li>• White Grape</li> <li>• White Grape Peach</li> </ul>	<p><b>11.5-12 oz. Frozen Concentrate:</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Orange</li> <li>• Orange, calcium</li> <li>• Orange, pulp free</li> <li>• Pineapple</li> <li>• Pineapple orange</li> </ul>
	<p><b>Langers</b></p>	<p><b>64 oz. Plastic Bottles:</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apple cranberry</li> <li>• Apple grape</li> <li>• Apple Orange Pineapple</li> <li>• Cranberry plus</li> <li>• Harvest apple plus</li> <li>• Orange</li> <li>• Pineapple</li> </ul>	
	<p><b>Laura Lynn</b></p>	<p><b>64 oz. Plastic Bottles:</b></p> <ul style="list-style-type: none"> <li>• 8 Vegetable</li> <li>• 8 Vegetable, low sodium</li> <li>• Apple</li> <li>• Apple with calcium</li> <li>• Cranberry</li> <li>• Grape</li> <li>• Tomato</li> <li>• Tomato, low sodium</li> <li>• White grape</li> <li>• White grape peach</li> </ul>	
	<p><b>Libby's</b></p>	<p><b>64 oz. Plastic Bottles:</b></p> <p>Pineapple</p>	

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	<b>Market Pantry</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Grape</li> <li>• Tomato</li> <li>• White Grape</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> </ul>
	<b>Minute Maid</b>		<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> <li>• Orange, calcium</li> <li>• Orange, country style</li> <li>• Orange, pulp free</li> </ul>
	<b>Motts</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apple cherry</li> <li>• Apple white grape</li> </ul>	
	<b>Musselman's</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Premium apple</li> </ul>	
	<b>Mr. Pure</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> </ul>	
	<b>Natalie's</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Grapefruit</li> <li>• Orange</li> </ul>	
	<b>Nature's Nectar</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Berry burst</li> <li>• Cherry</li> <li>• Fruit punch</li> <li>• White Grape</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Orange</li> </ul>



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<b>Juice</b>  Cannot buy: infant juice, organic or DHA added juice, no juice cocktails, drinks, ades or with added sugar	<b>Northland</b>	<b>48 or 64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Blueberry blackberry acai</li> <li>• Cranberry</li> <li>• Cranberry blackberry</li> <li>• Cranberry blueberry</li> <li>• Cranberry grape</li> <li>• Cranberry pomegranate</li> <li>• Cranberry raspberry</li> <li>• Pomegranate blueberry</li> <li>• Purple power</li> </ul>	
	<b>Old Orchard</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 96 oz.)</li> <li>• Apple cranberry</li> <li>• Berry blend</li> <li>• Black cherry</li> <li>• Blueberry pomegranate</li> <li>• Cranberry pomegranate</li> <li>• Grape</li> <li>• Peach mango</li> <li>• Wild cherry</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apple cherry</li> <li>• Apple kiwi strawberry</li> <li>• Apple raspberry</li> <li>• Berry blend</li> <li>• Cranberry blend</li> <li>• Cranberry raspberry</li> <li>• Grape</li> <li>• Orange</li> <li>• Orange, calcium</li> <li>• Pineapple</li> <li>• Pineapple orange</li> <li>• White grape</li> </ul>
	<b>Parade</b>	<b>48 or 64 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Grape</li> <li>• Orange</li> <li>• Orange mango</li> <li>• Orange pineapple</li> <li>• Pineapple</li> <li>• Pineapple mango</li> <li>• Pink grapefruit</li> <li>• Vegetable</li> <li>• White grape</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> <li>• Orange, calcium</li> <li>• Orange, country style</li> </ul>

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	<b>Piggly Wiggly</b>	<b>48 or 64 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Grape</li> <li>• White grape</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Orange</li> </ul>
	<b>Publix</b>	<b>64 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Grape</li> <li>• Orange</li> <li>• Premium apple</li> <li>• Premium unfiltered apple</li> </ul>	
	<b>Ruby Kist</b>	<b>48 or 64 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Grape</li> <li>• Grapefruit</li> <li>• Pineapple</li> <li>• Orange</li> </ul>	
<b>Juice</b> Cannot buy: infant juice, organic or DHA added juice, no juice cocktails, drinks, ades or with added sugar	<b>Sam's Club</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> </ul>	
	<b>Seneca</b>	<b>48 or 64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> </ul>
	<b>Shurfine</b>	<b>48 or 64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Apple cider (only 128 oz.)</li> <li>• Cranberry</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Orange</li> <li>• Tomato</li> <li>• Vegetable</li> <li>• White grape</li> <li>• White grapefruit</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> </ul>
	<b>That's Smart</b>	<b>64 oz. Plastic Bottle:</b> <ul style="list-style-type: none"> <li>• Grape</li> <li>• Orange (128 oz)</li> </ul>	
	<b>Tipton Grove</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Cranberry</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> </ul>

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		<ul style="list-style-type: none"> <li>• Grape</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> </ul>
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<b>Juice</b>  <b>Cannot buy:</b> infant juice, organic or DHA added juice, no juice cocktails, drinks, ades or with added sugar	<b>Tree Top</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apple berry</li> <li>• Apple Cranberry</li> <li>• Apple Grape</li> <li>• Pineapple Orange</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> </ul>
	<b>Valutime</b>	<b>64 oz. Plastic bottles:</b> <ul style="list-style-type: none"> <li>• Grape</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> <li>• Orange, pulp free</li> </ul>
	<b>Welch's</b>	<b>48 or 64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Antioxidant tropical trio</li> <li>• Grape (also 96 oz.)</li> <li>• Red Grape</li> <li>• Super oxidant super berry</li> <li>• White grape</li> </ul>	<b>11.5-12 oz. Frozen Concentrate:</b> <ul style="list-style-type: none"> <li>• Grape</li> <li>• White grape</li> <li>• White grape peach</li> <li>• White grape raspberry</li> </ul>
	<b>White House</b>	<b>64 oz. Plastic Bottles:</b> <ul style="list-style-type: none"> <li>• Apple (also 128 oz.)</li> <li>• Natural apple</li> <li>• Premium apple (128 oz. only)</li> </ul>	

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<b>Orange Juice</b>	<b>64 oz. cans or plastic bottles:</b> <ul style="list-style-type: none"> <li>• Any Brand</li> </ul>	<b>11.5-12 oz. frozen concentrate</b> <ul style="list-style-type: none"> <li>• Any Brand</li> </ul> <b>64 or 128 oz. refrigerated</b> <ul style="list-style-type: none"> <li>• Any Brand</li> </ul>			
<b>Juice Boxes</b> 6.75 oz. boxes	<p><i>Only issued to WIC clients in special circumstances.</i></p> <p><u>Juice Blends:</u> Juicy Juice</p> <p><u>Apple:</u> Motts</p> <p><b>Cannot buy:</b> any other size, container, type, flavor, or brand,</p>				
<p><b>Cannot buy:</b> infant juice, organic or DHA added juice, no juice cocktails, drinks, ades or with added sugar</p>					
<b>Peanut Butter</b> 16 – 18 oz. jar	<p>Any Brand</p> <ul style="list-style-type: none"> <li>• Smooth/Creamy</li> <li>• Crunchy</li> <li>• Natural</li> </ul> <p><b>Cannot buy:</b> peanut butter spreads, peanut butter with added flavors, fortified, or organic</p>				
<b>Fish</b> 5 – 15 oz. containers	<ul style="list-style-type: none"> <li>• Chunk Light Tuna – Any brand, packed in water or oil (5 oz.)</li> <li>• Pink Salmon – Any brand, packed in water or oil (14.75 oz.)</li> <li>• Mackerel (15 oz.)</li> <li>• Sardines (3.75 oz.—added flavorings allowed)</li> </ul> <p><b>Cannot buy:</b> albacore tuna, tuna spreads, any other type of salmon, lunch packs</p>				
<b>Dried Beans/Peas</b> 1 pound bag	<p>Any brand</p> <ul style="list-style-type: none"> <li>• Dried beans</li> <li>• Peas</li> <li>• Lentils</li> </ul> <p><b>Cannot buy:</b> soup mixes</p>				
<b>Canned Beans</b> 15 – 16 oz. can	<p>Any brand</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Black beans</li> <li>• Black-eyed Peas</li> <li>• Butter Beans</li> <li>• Garbanzo/Chickpeas</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Great Northern Beans</li> <li>• Kidney Beans</li> <li>• Lentils</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Navy Beans</li> <li>• Pinto Beans</li> <li>• Split Peas</li> </ul> </td> </tr> </table> <p><b>Cannot buy:</b> green beans, lima beans, flavored beans, soups, pork and beans or chili beans, beans containing added corn syrup, fats, meats or oils.</p>		<ul style="list-style-type: none"> <li>• Black beans</li> <li>• Black-eyed Peas</li> <li>• Butter Beans</li> <li>• Garbanzo/Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Great Northern Beans</li> <li>• Kidney Beans</li> <li>• Lentils</li> </ul>	<ul style="list-style-type: none"> <li>• Navy Beans</li> <li>• Pinto Beans</li> <li>• Split Peas</li> </ul>
<ul style="list-style-type: none"> <li>• Black beans</li> <li>• Black-eyed Peas</li> <li>• Butter Beans</li> <li>• Garbanzo/Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Great Northern Beans</li> <li>• Kidney Beans</li> <li>• Lentils</li> </ul>	<ul style="list-style-type: none"> <li>• Navy Beans</li> <li>• Pinto Beans</li> <li>• Split Peas</li> </ul>			

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**Subject: Approved Foods**

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**Subject: Approved Foods**

<b>Tennessee WIC Approved Foods</b> <b>Effective October 1, 2019 through September 30, 2021</b>	
<b>WHOLE GRAINS</b>  <b>100% Whole Wheat Bread/Rolls/Buns</b> 16 oz. containers	Product labels for breads/rolls/buns must include the words 100% whole wheat. Whole wheat flour must be the first ingredient listed. <ul style="list-style-type: none"> <li>• Arnold</li> <li>• Best Choice</li> <li>• Bimbo</li> <li>• Bunny</li> <li>• Fit Active</li> <li>• Food Lion</li> <li>• Healthy Life</li> <li>• Holsum</li> <li>• Kern's</li> <li>• Kroger</li> <li>• Market Pantry</li> <li>• Nature's Own</li> <li>• Pepperidge Farm</li> <li>• Private Selection</li> <li>• Roman Meal</li> <li>• Sara Lee</li> <li>• Simply Balance</li> <li>• Simply Nature</li> <li>• Wonder</li> </ul>
<b>WHOLE GRAINS</b>  <b>Tortillas</b> 16 oz. containers	<p><u>Whole Wheat Tortillas</u></p> <ul style="list-style-type: none"> <li>• Azteca</li> <li>• Best Choice</li> <li>• Celia's</li> <li>• Chi Chi's</li> <li>• Don Pancho</li> <li>• Food Club</li> <li>• Fit Active</li> <li>• Great Value</li> <li>• Guerrero</li> <li>• Herdez</li> <li>• IGA</li> <li>• Kroger</li> <li>• La Banderita</li> <li>• Laura Lynn</li> <li>• Market Pantry</li> <li>• Mi Casa</li> <li>• Mission</li> <li>• My Essentials</li> <li>• Ortega</li> <li>• Tio Santi</li> </ul> <p><b>Cannot buy:</b> Products with added sugar, salt, flavoring, fat or oil.</p> <p><u>Soft Corn Tortillas</u></p> <ul style="list-style-type: none"> <li>• Any brand (Yellow or White)</li> </ul>
<b>WHOLE GRAINS</b>  <b>Brown Rice Bulgur Barley</b> 16 oz. containers	Any brand <ul style="list-style-type: none"> <li>• instant</li> <li>• quick</li> <li>• regular cooking</li> </ul> <p><b>Cannot buy:</b> Products with added sugar, salt, flavoring, fat or oil, pearled barley.</p>
<b>WHOLE GRAINS</b>  <b>Oatmeal</b> 16 oz. containers	<ul style="list-style-type: none"> <li>• Best Choice</li> <li>• Granvita</li> <li>• Hodgson Mill</li> <li>• I Love Oats</li> <li>• Laura Lynn</li> <li>• MOM</li> <li>• Mom's Best</li> <li>• Mother's</li> </ul>

**Subject: Approved Foods**

**Tennessee WIC Approved Foods  
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<p><b>WHOLE GRAINS</b> <b>Whole Wheat</b> <b>Pasta</b> 16 oz. containers</p>	<p>Allegra</p> <ul style="list-style-type: none"> <li>• Whole wheat spaghetti</li> </ul> <p>America’s Choice</p> <ul style="list-style-type: none"> <li>• Whole wheat spaghetti</li> </ul> <p>Barilla</p> <ul style="list-style-type: none"> <li>• Whole Wheat Linguini</li> <li>• Whole Wheat Medium Shells</li> <li>• Whole Grain Penne</li> <li>• Whole Grain Rotini</li> <li>• Whole Grain Spaghetti</li> <li>• Whole Grain Thin Spaghetti</li> <li>• Whole Grain elbows</li> </ul> <p>Food Club</p> <ul style="list-style-type: none"> <li>• Whole wheat penne rigate</li> <li>• Whole wheat spaghetti</li> </ul> <p>Gia Russa</p> <ul style="list-style-type: none"> <li>• Whole Wheat Angel Hair</li> <li>• Whole Wheat Penne Rigate</li> <li>• Whole Wheat Rotini</li> <li>• Whole Wheat Spaghetti</li> </ul> <p>Great Value</p> <ul style="list-style-type: none"> <li>• Whole Wheat Elbow macaroni</li> <li>• Whole Wheat Linguine</li> <li>• Whole Wheat Penne</li> <li>• Whole Wheat Spaghetti</li> <li>• Whole Wheat Thin spaghetti</li> <li>• Whole wheat linguini</li> <li>• Whole Wheat Rotini</li> </ul>	<p>Kroger</p> <ul style="list-style-type: none"> <li>• Whole Wheat Spaghetti</li> <li>• Whole Wheat Penne Rigate</li> <li>• Whole wheat rotini</li> <li>• Thin spaghetti</li> </ul> <p>Hodgson Mill</p> <ul style="list-style-type: none"> <li>• Whole Wheat Spaghetti</li> <li>• Whole Wheat Elbows</li> <li>• Whole Wheat Spirals</li> <li>• Whole Wheat Thin Spaghetti</li> <li>• Whole Wheat Angel Hair</li> </ul> <p>Laura Lynn</p> <ul style="list-style-type: none"> <li>• Whole Wheat Penne</li> <li>• Whole Wheat Rotini</li> <li>• Whole Wheat Spaghetti</li> </ul> <p>Ronzoni Healthy Harvest</p> <ul style="list-style-type: none"> <li>• Whole Grain Penne Rigate</li> <li>• Whole Grain Spaghetti</li> <li>• Whole Grain Thin Spaghetti</li> <li>• Whole Grain Rotini</li> <li>• Whole Grain Linguini</li> </ul>
	<p><b>Cannot buy:</b> Any other brand or product that has added sugars, fats, oils, or salt (i.e. sodium)</p>	

**Subject: Approved Foods**

**Tennessee WIC Approved Foods  
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**Cold Cereal**

11 oz. container or larger  
\*indicates a Whole Grain cereal

<u>Always Save</u>		
<ul style="list-style-type: none"> <li>• Corn Flakes</li> <li>• Crisp rice</li> </ul>	<ul style="list-style-type: none"> <li>• *Frosted Shredded Wheat</li> </ul>	<ul style="list-style-type: none"> <li>• *Toasted Oats</li> </ul>
<u>Best Choice</u>		
<ul style="list-style-type: none"> <li>• *Bran Flakes</li> <li>• Corn Flakes</li> <li>• Crispy corn and rice</li> <li>• Corn crisps</li> <li>• Crispy Rice</li> <li>• *Frosted Shredded Wheat</li> </ul>	<ul style="list-style-type: none"> <li>• *Frosted Shredded Wheat Maple Brown Sugar</li> <li>• *Happy O s</li> <li>• Honey oat clusters</li> <li>• Honey oat clusters w/ Almonds</li> <li>• Live life at 100%</li> <li>• *Multigrain Happy O s</li> </ul>	<ul style="list-style-type: none"> <li>• *Frosted shredded wheat strawberry</li> <li>• Rice crisps</li> <li>• *Nutty nuggets</li> <li>• *Wheat crisps</li> <li>• *Wheat flakes</li> </ul>
<u>Better Value</u>		
<ul style="list-style-type: none"> <li>• Corn Flakes</li> </ul>		
<u>Essential Everyday</u>		
<ul style="list-style-type: none"> <li>• Crunchy corn squares</li> </ul>	<ul style="list-style-type: none"> <li>• Crunchy rice squares</li> </ul>	<ul style="list-style-type: none"> <li>• *Toasted oats</li> </ul>
<u>Food Club</u>		
<ul style="list-style-type: none"> <li>• Corn Flakes</li> <li>• *Nutty Nuggets</li> <li>• *Oat Wise</li> <li>• *Frosted Shredded Wheat</li> <li>• *Bran Flakes</li> </ul>	<ul style="list-style-type: none"> <li>• *Multigrain Medley</li> <li>• Rice Biscuits</li> <li>• Crispy Hexagons</li> <li>• Oats &amp; More w Almonds</li> <li>• Oats &amp; More w Honey</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Biscuits</li> <li>• *Tasteos/Toasted Oats</li> <li>• *Wheat Biscuits</li> <li>• Crispy Rice</li> <li>• Essentially You</li> </ul>
<u>Food Lion</u>		
<ul style="list-style-type: none"> <li>• *Frosted shredded wheat</li> <li>• Corn flakes</li> <li>• Crispy hexagons</li> <li>• Crispy rice</li> <li>• *Bran flakes</li> </ul>	<ul style="list-style-type: none"> <li>• Essentially you</li> <li>• *Simple living oat</li> <li>• Oats and more with almonds</li> <li>• Oats and more with honey</li> </ul>	<ul style="list-style-type: none"> <li>• *Strawberry shredded wheat</li> <li>• *Tasteos</li> <li>• Toasted rice</li> </ul>
<u>General Mills</u>		
<ul style="list-style-type: none"> <li>• *Cheerios</li> <li>• *Multi Grain Cheerios</li> <li>• Corn Chex</li> <li>• Rice Chex</li> <li>• *Wheat Chex</li> <li>• *Berry Berry Kix</li> <li>• *Wheaties</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon chex</li> <li>• Fiber one original</li> <li>• *Fiber One Honey Clusters</li> <li>• *Honey Kix</li> <li>• *Kix</li> </ul>	<ul style="list-style-type: none"> <li>• Dora the explorer</li> <li>• *Whole Grain Total</li> <li>• Blueberry Chex</li> <li>• Honey bunches of oats</li> <li>• Honey bunches of oats honey roasted</li> </ul>



**Subject: Approved Foods**

**Tennessee WIC Approved Foods  
Effective October 1, 2019 through September 30, 2021**

**Cold Cereal**

11 oz. container or larger  
\*indicates a Whole Grain cereal

Great Value

- \*Bran Flakes
- Corn Flakes
- Crisp Rice
- \*Crunchy Nuggets
- \*Toasted Multigrain
- \*Toasted Wheat
- Almond honey oats
- Corn squares
- \*Multigrain spins
- \*Bite Size Frosted Shredded Wheat
- \*Toasted Whole Grain Oats
- Toasted Corn
- Toasted Rice
- \*Crunchy Oat Squares
- Honey Oats & Flakes
- Crunchy honey oats with almonds
- Crunchy honey oats
- \*Frosted shredded wheat
- Rice crispers
- Rice squares
- \*Wheat squares

Hospitality

- \*Toasted oats

Hy Top

- \*Bran flakes
- Corn flakes
- Crispy honey oats and flakes
- Crispy rice
- \*Frosted shredded wheat
- \*Toasted oats

IGA

- \*Bran Flakes
- \*Frosted blueberry/strawberry shredded wheat
- Corn Flakes
- \*Nutty Nuggets
- Corn Biscuits
- Rice Biscuits
- Crispy Hexagon
- Crispy Rice
- \*Tasteeo's
- \*Bite size frosted shredded what
- \*Toasted Oats
- Oats & More w Almonds
- Shredded wheat
- Crispy corn and rice
- Honey oats and flakes

Kashi

- Go Lean Original

Kellogg's

- \*All Bran
- Corn Flakes
- \*Frosted Mini-Wheats Little Bites
- \*Frosted Mini-Wheats Original
- \*Unfrosted mini wheats
- \*Frosted Mini-Wheats Touch of Fruit Raisin
- Product 19
- Rice Krispies
- Crispix
- \*Blueberry Mini Wheats
- \*Frosted Mini-Wheats Touch of Fruit Raspberry
- Special K (including gluten free)
- \*Strawberry Mini Wheats

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**Subject: Approved Foods**

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Kiggins

- \*Frosted Shredded Wheat
- \*Bran Flakes
- Honey Oat Crunch
- Crispy Rice
- Rollin' Oats
- Corn Flakes

**Subject: Approved Foods**

**Tennessee WIC Approved Foods  
Effective October 1, 2019 through September 30, 2021**

**Cold Cereal**

11 oz. container or larger  
\*indicates a Whole Grain cereal

Kroger

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• <b>*Bran Flakes</b></li> <li>• <b>*Frosted Shredded Wheat</b></li> <li>• Corn Flakes</li> <li>• Corn Bitz</li> <li>• Rice Bitz</li> <li>• Crispy Rice</li> <li>• *Oat Squares</li> </ul> | <ul style="list-style-type: none"> <li>• <b>*Frosted Shredded Wheat, Blueberry honey</b></li> <li>• <b>Honey Crisp Medley w Almonds</b></li> <li>• <b>Honey Crisp Medley</b></li> <li>• <b>*Living Well</b></li> <li>• <b>*Living Well Multigrain</b></li> </ul> | <ul style="list-style-type: none"> <li>• <b>*Multigrain Toasted Oats</b></li> <li>• <b>*Nutty Nuggets</b></li> <li>• <b>*Toasted Oats</b></li> <li>• <b>*Crispy Hexa-Grains</b></li> <li>• *Frosted Shredded Wheat, Strawberry Cream</li> </ul> |
|---|--|---|

Laura Lynn

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• A little bit nutty</li> <li>• Banana nut crisp</li> <li>• Bite size corn</li> <li>• Bite size rice</li> <li>• Corn flakes</li> <li>• Crisp rice</li> </ul> | <ul style="list-style-type: none"> <li>• EssentiAlls</li> <li>• *Frosted bite size shredded wheat</li> <li>• Hexa crisp</li> <li>• Honey and oats</li> </ul> | <ul style="list-style-type: none"> <li>• Honey and oats with almonds</li> <li>• *Multigrain toasted oats</li> <li>• *Toasted oats</li> <li>• *Wheat bran flakes</li> </ul> |
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Madame Gougousse

- Corn Flakes

Malt-O-Meal

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Crispy Rice</li> <li>• *Frosted Mini Spooners</li> <li>• Corn Flakes</li> </ul> | <ul style="list-style-type: none"> <li>• <b>*Blueberry Mini Spooners</b></li> <li>• <b>Oat Blenders w Honey</b></li> </ul> | <ul style="list-style-type: none"> <li>• Oat Blenders</li> <li>• *Strawberry Cream Mini Spooners</li> <li>• *Scooters</li> </ul> |
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Market Pantry

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• *Frosted Shredded Wheat</li> <li>• Corn Flakes</li> </ul> | <ul style="list-style-type: none"> <li>• Toasted Rice</li> <li>• *Frosted Strawberry Shredded Wheat</li> </ul> | <ul style="list-style-type: none"> <li>• *Toasted Oats</li> <li>• Honey &amp; Oat Mixers</li> </ul> |
|--|--|---|

Michel

- Corn Flakes

Millville

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• *Banana nut whole grain granola</li> <li>• *Bran flakes</li> <li>• Corn flakes</li> <li>• Corn squares</li> </ul> | <ul style="list-style-type: none"> <li>• Crispy oats</li> <li>• Crispy rice</li> <li>• *Frosted shredded wheat</li> <li>• Honey crunch and</li> </ul> | <ul style="list-style-type: none"> <li>• Honey crunch and oats almonds</li> <li>• *Multigrain crispy oats</li> <li>• Protein and fiber</li> </ul> |
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**Subject: Approved Foods**

	<ul style="list-style-type: none"> <li>Crisp rice</li> </ul>	<ul style="list-style-type: none"> <li>oats</li> </ul>	<ul style="list-style-type: none"> <li>multigrain</li> <li>Rice squares</li> </ul>
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**Tennessee WIC Approved Foods  
Effective October 1, 2019 through September 30, 2021**

**Cold Cereal**

11 oz. container or larger  
\*indicates a Whole Grain cereal

My Essentials

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|---|--|---|
| <ul style="list-style-type: none"> <li>*Bitesize strawberry frosted shredded wheat</li> </ul> | <ul style="list-style-type: none"> <li>Corn flakes</li> <li>Crispy rice</li> </ul> | <ul style="list-style-type: none"> <li>*Multigrain Tasteeos</li> <li>*Tasteeos</li> </ul> |
|---|--|---|

Parade

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>*Bran flakes</li> <li>Corn flakes</li> </ul> | <ul style="list-style-type: none"> <li>Crisp rice</li> <li>*Frosted Shredded wheat bite size</li> </ul> | <ul style="list-style-type: none"> <li>*Toasted oats</li> </ul> |
|---|---|---|

Piggly Wiggly

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>*Bran flakes</li> <li>Corn flakes</li> </ul> | <ul style="list-style-type: none"> <li>Crispy rice</li> </ul> | <ul style="list-style-type: none"> <li>*Toasted oats</li> </ul> |
|---|---|---|

Post

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|--|---|--|
| <ul style="list-style-type: none"> <li>*Bran Flakes</li> <li>*Grape Nuts</li> <li>*Grape Nuts Flakes</li> <li>*Great Grains Banana Nut Crunch</li> </ul> | <p>Honey Bunches of Oats</p> <ul style="list-style-type: none"> <li><i>Cinnamon Bunches</i></li> <li><i>Vanilla Bunches</i></li> <li><i>Honey Roasted With Almonds</i></li> </ul> | <p>Honey Bunches of Oats</p> <ul style="list-style-type: none"> <li><i>*Whole Grain Almond Crunch</i></li> <li><i>*Whole Grain Honey Crunch</i></li> </ul> |
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Publix

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>*Bran flakes</li> <li>Corn flakes</li> <li>Crispy corn and rice</li> <li>*Multigrain toasted cereal</li> </ul> | <ul style="list-style-type: none"> <li>Crispy rice</li> <li>*Frosted wheat</li> <li>Honey oats</li> </ul> | <ul style="list-style-type: none"> <li>Nutty nuggets</li> <li>Oat crunch original</li> <li>*Toasted oats</li> </ul> |
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Quaker

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|--|---|--|
| <ul style="list-style-type: none"> <li>*Life</li> <li>*Oatmeal Squares Cinnamon</li> </ul> | <ul style="list-style-type: none"> <li><b>*Oatmeal Squares Golden Maple</b></li> <li><b>*Oatmeal Squares Brown Sugar</b></li> </ul> | <ul style="list-style-type: none"> <li>*Oatmeal Squares Honey Nut</li> </ul> |
|--|---|--|

Ralston

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li><b>*Wheat Bran Flakes</b></li> <li><b>*Frosted Shredded Wheat</b></li> </ul> | <ul style="list-style-type: none"> <li>Corn Biscuits</li> <li>Crispy Rice</li> <li>Oats &amp; More w Almonds</li> </ul> | <ul style="list-style-type: none"> <li>Oats &amp; More w Honey</li> <li>Rice Biscuits</li> <li>*Tasteeos</li> </ul> |
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**Subject: Approved Foods**

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|  | <ul style="list-style-type: none"><li>• Corn Flakes</li><li>• Crispy Hexagons</li><li>• *Oat Wise</li></ul> |
|--|---|

**Subject: Approved Foods**

<b>Tennessee WIC Approved Foods</b> <b>Effective October 1, 2019 through September 30, 2021</b>	
<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Cold Cereal</h1> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">11 oz. container or larger *indicates a Whole Grain cereal</p>	<p><u>Shurfine</u></p> <ul style="list-style-type: none"> <li>• *Bran flakes</li> <li>• Corn flakes</li> <li>• Crisp rice</li> <li>• *Frosted Shredded Wheat Bite Size</li> <li>• Honey, Oats &amp; Flakes w Almonds</li> <li>• *Toasted Oats</li> </ul>
	<p><u>Simply Nature</u></p> <ul style="list-style-type: none"> <li>• Protein and fiber crunch</li> </ul>
	<p><u>Sunbelt Bakery</u></p> <ul style="list-style-type: none"> <li>• Simple granola</li> </ul>
	<p><u>That's Smart</u></p> <ul style="list-style-type: none"> <li>• *Bran flakes</li> <li>• Corn flakes</li> <li>• Crisp rice</li> <li>• Toasted oats</li> </ul>
	<p><u>Valutime</u></p> <ul style="list-style-type: none"> <li>• *Bran flakes</li> <li>• Corn flakes</li> <li>• Crisp rice</li> <li>• *Toasted oats</li> </ul>
	<p><b>Cannot buy:</b> any cereal or brand not listed, organic cereal</p>
<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Hot Cereal</h1> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">11 oz. container or higher up to 36 oz.</p>	<p><u>Best Choice</u></p> <ul style="list-style-type: none"> <li>• Creamy Wheat Farina</li> <li>• Instant grits (original and butter)</li> <li>• *Regular Flavor Instant Oatmeal</li> </ul>
	<p><u>Cream of Wheat</u></p> <ul style="list-style-type: none"> <li>• Cream of Rice</li> <li>• *Whole Grain Cream of Wheat</li> <li>• Cream of Wheat – 1 Minute</li> <li>• Cream of Rice Instant</li> <li>• Cream of Wheat – 10 Minute</li> <li>• Cream of Wheat – 2 ½ Minute</li> <li>• *Healthy Grain Cream of Wheat Instant</li> <li>• Cream of Wheat Instant</li> </ul>
	<p><u>Food Club</u></p> <ul style="list-style-type: none"> <li>• *Instant Regular Oatmeal</li> <li>• Instant grits (original and butter)</li> <li>• *Instant Oatmeal Original Flavor</li> </ul>
	<p><u>Food Lion</u></p> <ul style="list-style-type: none"> <li>• *Instant oatmeal regular</li> <li>• Instant grits (original and butter)</li> </ul>
	<p><u>Great Value</u></p> <ul style="list-style-type: none"> <li>• Instant grits (original and butter)</li> </ul>

**Subject: Approved Foods**

	<u>Hy Top</u>	
	<ul style="list-style-type: none"> <li>*Regular instant oatmeal</li> </ul>	
	<u>IGA</u>	
	<ul style="list-style-type: none"> <li>*Instant Regular Oatmeal</li> </ul>	
	<u>Kroger</u>	
	<ul style="list-style-type: none"> <li>*Instant Oatmeal Regular Flavor</li> </ul>	<ul style="list-style-type: none"> <li>Instant Grits (Original &amp; Butter)</li> </ul>
	<u>Laura Lynn</u>	
	<ul style="list-style-type: none"> <li>Instant grits (original and butter)</li> </ul>	
	<u>Malt-O-Meal</u>	
	<ul style="list-style-type: none"> <li>Original Hot Wheat Cereal</li> <li>*Original Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Hot Wheat Cereal</li> </ul>
	<u>Market Pantry</u>	
	<ul style="list-style-type: none"> <li>*Original instant oatmeal</li> </ul>	
	<u>Parade</u>	
	<ul style="list-style-type: none"> <li>*Regular instant oatmeal</li> </ul>	

**Subject: Approved Foods**

<b>Tennessee WIC Approved Foods</b> <b>Effective October 1, 2019 through September 30, 2021</b>			
<b>Hot Cereal</b>  11 oz. container or higher up to 36 oz.	<u>Piggly Wiggly</u> <ul style="list-style-type: none"> <li>• *Instant Oatmeal Original</li> <li>• Instant Grits Original</li> <li>• Instant butter grits</li> </ul>		
	<u>Publix</u> <ul style="list-style-type: none"> <li>• *Original instant oatmeal</li> </ul>		
	<u>Quaker</u> <ul style="list-style-type: none"> <li>• *Instant Oatmeal Original</li> <li>• Cream of Rice, gluten free</li> <li>• Instant cream of rice</li> <li>• Instant Grits Original and Butter</li> <li>• Quick 5 minute Grits</li> <li>• Cream of Wheat</li> </ul>		
	<u>Ralston Foods</u> <ul style="list-style-type: none"> <li>• *Instant Regular Oatmeal</li> <li>• Creamy Wheat Farina</li> </ul>		
	<u>ShurFine</u> <ul style="list-style-type: none"> <li>• *Instant Oatmeal</li> <li>• Instant Grits Original</li> </ul>		
	<b>Cannot buy:</b> any cereal or brand not listed, organic cereal		
<b>Tofu</b>  16 oz. containers	<u>Nasoya</u> <ul style="list-style-type: none"> <li>• Silken</li> <li>• Extra Firm</li> </ul>	<u>Azumaya</u> <ul style="list-style-type: none"> <li>• Firm</li> </ul>	
	<b>Cannot buy:</b> any other brand or type, cubed		
<b>Soy Beverage</b>  Half gallon container	<u>8<sup>th</sup> Continent Soymilk</u> <ul style="list-style-type: none"> <li>• Original</li> <li>• Vanilla</li> </ul>	<u>Silk</u> <ul style="list-style-type: none"> <li>• Original</li> </ul>	<u>Great Value</u> <ul style="list-style-type: none"> <li>• Original</li> </ul>
		<u>WestSoy</u> <ul style="list-style-type: none"> <li>• Plain</li> </ul>	<u>Pacific Ultra Soy</u> <ul style="list-style-type: none"> <li>• Original-UHT(quant)</li> </ul>
<b>Cannot buy:</b> any other size, container, type, flavor, or brand			
<b>Yogurt</b>  32 oz. containers or 4 oz multipacks  Whole, Lowfat or Nonfat	<u>Activia</u> <ul style="list-style-type: none"> <li>• Strawberry</li> <li>• Black Cherry</li> <li>• Blackberry blueberry fruit fusion</li> <li>• Blueberry</li> </ul>	<ul style="list-style-type: none"> <li>• Cherry and vanilla fruit fusion</li> <li>• Coconut pineapple</li> <li>• Mixed berry</li> <li>• Peach</li> <li>• Peach lactose free</li> </ul>	<ul style="list-style-type: none"> <li>• Peach mango fruit fusion</li> <li>• Prune</li> <li>• Strawberry</li> <li>• Strawberry banana</li> <li>• Vanilla</li> <li>• Vanilla lactose free</li> </ul>



**Subject: Approved Foods**

	<p><u>Best Choice</u></p> <ul style="list-style-type: none"> <li>• Greek nonfat plain</li> <li>• Greek nonfat vanilla</li> <li>• Lowfat strawberry</li> <li>• Lowfat vanilla</li> <li>• Plain nonfat</li> </ul>	<p><u>Chobani</u></p> <ul style="list-style-type: none"> <li>• Nonfat Greek vanilla</li> <li>• Nonfat plain</li> <li>• Nonfat strawberry</li> <li>• Greek peach</li> <li>• Plain</li> <li>• Strawberry banana</li> <li>• Strawberry</li> </ul>	
	<p><u>Coburn Farms</u></p> <ul style="list-style-type: none"> <li>• Greek nonfat</li> <li>• Lowfat plain</li> <li>• Lowfat vanilla</li> <li>• Greek vanilla nonfat</li> </ul>	<p><u>Crowley</u></p> <ul style="list-style-type: none"> <li>• Fat free vanilla</li> <li>• Lowfat plain</li> </ul>	<p><u>Dannon</u></p> <ul style="list-style-type: none"> <li>• All natural plain</li> <li>• All natural plain whole milk</li> <li>• Lowfat vanilla</li> <li>• Nonfat strawberry</li> <li>• Nonfat strawberry banana</li> <li>• Plain</li> <li>• Whole milk strawberry</li> <li>• Whole milk vanilla</li> </ul>
	<p><u>Food Club</u></p> <ul style="list-style-type: none"> <li>• Blended strawberry lowfat</li> <li>• Greek nonfat plain</li> <li>• Greek nonfat strawberry</li> <li>• Greek whole milk vanilla</li> <li>• Lowfat blended vanilla</li> <li>• Plain</li> </ul>	<p><u>Food Lion</u></p> <ul style="list-style-type: none"> <li>• Greek nonfat plain</li> <li>• Greek nonfat vanilla</li> <li>• Greek whole milk plain</li> <li>• Lowfat vanilla</li> <li>• Nonfat plain</li> </ul>	<p><u>Friendly Farms</u></p> <ul style="list-style-type: none"> <li>• Plain</li> <li>• Greek vanilla</li> </ul>

**Subject: Approved Foods**

	<p><u>Gogurt</u></p> <ul style="list-style-type: none"> <li>• Avengers</li> <li>• Berry strawberry</li> <li>• Cotton candy</li> <li>• Frozen</li> <li>• Melon berry</li> <li>• Ninja turtle</li> <li>• Raspberry</li> <li>• Sour patch kids</li> <li>• Spongebob</li> <li>• Strawberry berry</li> <li>• Strawberry punch</li> <li>• XL peach</li> <li>• XL strawberry</li> <li>• Cookies n Crème</li> <li>• Mixed berry and strawberry banana</li> </ul>	<p><u>Great Value</u></p> <ul style="list-style-type: none"> <li>• Lowfat peach</li> <li>• Lowfat vanilla</li> <li>• Nonfat vanilla</li> <li>• Nonfat plain</li> <li>• Nonfat vanilla</li> <li>• Strawberry</li> <li>• Strawberry banana</li> <li>• Whole milk Greek</li> <li>• Greek nonfat strawberry</li> </ul>	<p><u>Karoun Dairies</u></p> <ul style="list-style-type: none"> <li>• Plain</li> </ul>
	<p><u>Kroger</u></p> <ul style="list-style-type: none"> <li>• Blended lowfat plain</li> <li>• Blended lowfat vanilla</li> <li>• Greek nonfat plain</li> <li>• Nonfat plain</li> <li>• Whole milk plain</li> <li>• Whole milk vanilla</li> </ul>	<p><u>Lala</u></p> <ul style="list-style-type: none"> <li>• Lowfat mixed berry</li> <li>• Lowfat pina colada</li> <li>• Lowfat mango</li> <li>• Lowfat peach</li> <li>• Strawberry banana</li> <li>• Strawberry</li> </ul>	<p><u>Laura Lynn</u></p> <ul style="list-style-type: none"> <li>• Greek vanilla</li> <li>• Lowfat peach</li> <li>• Lowfat vanilla</li> <li>• Lowfat strawberry</li> <li>• Nonfat Greek plain</li> <li>• Nonfat plain</li> </ul>
	<p><u>Market Pantry</u></p> <ul style="list-style-type: none"> <li>• 1% vanilla</li> <li>• Nonfat plain</li> </ul>	<p><u>Morning Fresh Farms</u></p> <ul style="list-style-type: none"> <li>• Lowfat vanilla</li> <li>• Plain nonfat</li> </ul>	<p><u>Neustra Cocina</u></p> <ul style="list-style-type: none"> <li>• Plain lowfat</li> </ul>

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	<p><u>Oikos</u></p> <ul style="list-style-type: none"> <li>• Oikos triple zero vanilla</li> <li>• Fat free Greek plain</li> <li>• Nonfat plain</li> <li>• Nonfat vanilla</li> <li>• Plain 4%</li> </ul>	<p><u>Prairie Farms</u></p> <ul style="list-style-type: none"> <li>• Fat free Greek</li> </ul>	<p><u>Simply Balanced</u></p> <ul style="list-style-type: none"> <li>• Nonfat Greek plain</li> <li>• Greek vanilla</li> </ul>
	<p><u>Taste of Inspiration</u></p> <ul style="list-style-type: none"> <li>• Nonfat plain</li> <li>• Nonfat vanilla</li> </ul>	<p><u>Tazah</u></p> <ul style="list-style-type: none"> <li>• Non fat plain</li> </ul>	
	<p><u>Yoplait</u></p> <ul style="list-style-type: none"> <li>• Finding Dory</li> <li>• Greek 100 vanilla</li> <li>• Greek 100 plain</li> <li>• Guardians of the galaxy</li> <li>• Harvest peach</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberry berry</li> <li>• Strawberry blueberry</li> <li>• Blueberry</li> <li>• Lowfat Greek plain</li> <li>• Lowfat Greek vanilla</li> <li>• Paw patrol</li> <li>• Plain nonfat</li> </ul>	<ul style="list-style-type: none"> <li>• Scooby doo</li> <li>• Spongebob</li> <li>• Strawberry</li> <li>• Strawberry banana</li> <li>• Vanilla</li> </ul>
<p><b>Cannot buy:</b> any other size container, type (e.g. Organic or Drinkable), flavor, brand, containing artificial sweeteners (e.g. light yogurts) or mix-in ingredients (e.g. granola, Candy pieces, honey, nuts and similar ingredients)</p>			