

MICHIGAN WIC FOOD GUIDE

Effective March 1, 2026





WIC CONNECT APP



The most up-to-date Food Guide can be found on the WIC Connect app under Resource Links at michigan.gov/wicfoods or by scanning the QR code.

Get started with WIC

- See if you're eligible.
- Request an appointment.

Stay connected with support

- Find nearby WIC clinics.
- Update your contact information.
- Get appointment reminders on your phone.

Get help with shopping


















- Find nearby WIC stores.
- See your up-to-date benefit balance and WIC Shopping List.
- Scan any item to see if it is WIC-approved.



WIC Connect US
State of Michigan - Department of Technology, Management and Budget
Free

WIC Connect is the only app approved by the Michigan WIC Program to show your correct benefit information.

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INFANT FOODS

- For infants 6 months or older.

INFANT FRUITS & VEGETABLES

- Single 4 oz container and multi-packs of 1 oz, 2 oz or 4 oz.

ALLOWED

- Organic.
- Glass jars or plastic tubs ONLY.
- Any variety single fruit or vegetable.
- Any variety mixed fruits and/or vegetables (for example: apples-bananas, mixed vegetables, sweet potatoes-apples).

These brands **ONLY**

Beech-Nut®

Gerber

ORGANICS
HappyBABY®

meijer

Organic Baby Food
once
upon a
farm

Parents
CHOICE™

simple truth
organic

tippy
toes
by TopCare™

wild
HARVEST™

NOT ALLOWED

- Squeeze pouches.
- Added cereal, meat, flour, starches, sugar, salt or DHA.
- Yogurt blends.
- Dinners and desserts (for example: pudding or cobbler).



Your infant fruits and vegetables balance will show as ounces (OZ).

Mix and match based on your balance.



= 4 OZ

One 4 OZ jar



= 4 OZ

2-pack of 2 OZ tubs



= 8 OZ

2-pack of 4 OZ tubs

For example, if you have 64 OZ on your card, you might purchase:



16 OZ

+



16 OZ

+



32 OZ

= 64 OZ

INFANT CEREALS

- 8 oz or 16 oz container.



ALLOWED

- Organic.



These brands and types **ONLY**



Grits, Multigrain, Oatmeal,
Whole Wheat, Rice



Multigrain
Oatmeal



NOT ALLOWED

- Added fruit, formula, DHA/ARA, probiotics or other non-cereal ingredients.



INFANT MEATS

ONLY for breastfeeding infants 6 months or older who are NOT receiving formula from WIC.

- 2.5 oz containers ONLY (multi-packs allowed).

✓ ALLOWED

- Organic.
- Single meat varieties, with broth or gravy.



These brands **ONLY**



Limited access.



⊘ NOT ALLOWED

- Added sugar or salt.
- Added fruit, vegetables, rice or pasta (for example: dinners, casseroles, soups or stews).
- Meat sticks.
- Squeeze pouches.





LACTATION SUPPORT

Breastfeeding gives babies a healthy start in life.

- Begin learning about breastfeeding during your pregnancy and create a team of support. Partners, family and friends can help you reach your goals.
- WIC is here to help every step of the way with resources and support.
- Breastfeeding parents are able to stay on the program longer and receive more food.

How does WIC provide support?

WIC provides a community of breastfeeding support, including:

- Free access to lactation consultants and peer counselors.
- Peer counselors who are available when you need them, by phone or text.
- Breast pumps and supplies as needed.

For breastfeeding resources for families, visit michigan.gov/WIC.





FRUITS & VEGETABLES

- Your WIC Shopping List shows the dollar amount you can spend on fruits and vegetables.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.

FRESH

ALLOWED

- Organic.
- Any variety without added sugars, fats or oils.
- Whole, cut, bagged or pre-packaged.
- Fresh herbs.
- Pie pumpkins.



NOT ALLOWED

- Added preservatives (for example: sliced apples with ascorbic acid).
- Herb pastes, dried herbs or spices.
- Potted plants or seeds.
- Items from the salad bar, fruit baskets or edible flowers.
- Fruit and nut mixtures.
- Decorative foods such as chili peppers or garlic on a string, gourds or carving pumpkins.
- Kits/bowls/trays with dips, dressings, sauces or other food items.
- Salsa.
- Juice* or smoothies.

*Juice is allowed under other WIC benefits. See page 38.



Health Bite

Add color to your plate.

It doesn't matter if they are fresh, frozen or canned. Fruits and vegetables are filled with nutrients and are always a good choice.

Fresh: Eat for snacks or meals, with little to no prep needed.

Canned: Easy to store and stock up, with a long shelf life.

Frozen: Picked at the peak of ripeness, saving all the flavor and nutrients for when you are ready to eat them.

FROZEN



ALLOWED

- Organic.
- Any brand or package size/type.
- Whole, cut or mixed fruits or vegetables.
- Beans or peas such as lima beans and black-eyed peas.



NOT ALLOWED

- Added sugar, breading, butter, sauce, fat, oil or seasoning.
- Added meat, rice or pasta.
- Fries or tater tots.
- Juice*.
- Smoothie mixtures with non-fruit or non-vegetable ingredients.
- Soup.
- Home-canned and home-preserved.



CANNED

✓ ALLOWED

- Organic.
- Any size metal, glass, plastic or pouch containers.
- Individual servings or multi-packs.
- Regular or low sodium.
- Any variety of fruits (including applesauce) packed in juice or water without added sugars, fats, oils or salt.
- Any variety of vegetables (including tomatoes) without added sugars, fats or oils.
- Tomato paste, puree or sauce.
- Green beans and green peas.



⊘ NOT ALLOWED

- Fruits packed in syrup.
- Added meat, rice or pasta.
- Artificial sweetener.
- Minced or pickled vegetables, relishes or ketchup.
- Cranberry sauce or pie filling.
- Creamed vegetables (creamed corn or spinach).
- Salsa.
- Pizza or pasta sauce.
- Juice* or smoothies.
- Beans* or baked beans.
- Pouches labeled as infant/toddler food.
- Pouches with added electrolytes or labeled as Active.
- Home-canned and home-preserved.

*Juice and beans are allowed under other WIC benefits.
See pages 30, 31, and 38-40.



Health Bite

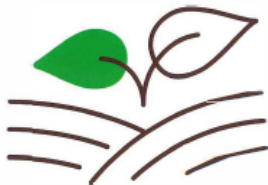
Try these quick and easy tips to add more fruits and vegetables. Be sure to consider textures and sizes for the different ages and stages in your family.

- Keep a bowl of fruit on the table.
- Have freshly cut vegetable sticks in the refrigerator.
- Add bananas or berries to hot or cold cereals or pancakes.
- Top your meals with a homemade salsa made with tomatoes, mangoes, avocados, red onions, cilantro and lime juice.
- Use canned or frozen vegetables in stews, casseroles and stir-fries.
- Freeze fruits such as bananas or grapes for a frozen treat.

DID YOU KNOW?



You can redeem WIC fruits and vegetables at Authorized Growers with your WIC EBT Card.



Scan here for a list of Authorized Growers.



WHOLE GRAINS

Your WIC Shopping List will show 'OZ Whole Grains' and you can choose:

- Bread.
- Bread Products.
- Tortillas.
- Pasta.
- Oats.
- Other Whole Grains.

BREADS

- 100% Whole Wheat.
- Whole Grain.
- Any size.



These brands and types **ONLY**



Aunt Millie's
100% Whole
Grain White



Aunt Millie's
100% Whole
Wheat



Aunt Millie's
Cracked Wheat
Whole Grain



Best Choice
100% Whole Wheat



Bimbo
100% Whole
Wheat



Brownberry
100% Whole Wheat
Small Slice



Brownberry
100% Whole
Wheat



Brownberry
Whole Grain
12 Grain and Seeds



Brownberry
Whole Grain Oatnut
Small Slice



Brownberry
Whole Grain Oatnut



Bunny
100% Whole Wheat



Healthy Life
100% Whole Wheat



Great Value
100% Whole
Wheat



Great Value
100% Whole Wheat
and Honey



Kordas' Hearth Oven
100% Whole Wheat



Kroger
100% Whole Wheat



Kroger
Private Selection
100% Whole Wheat



Lewis Bakeries
100% Whole Wheat



Nickles
Country Style
100% Whole Wheat



Our Family
100% Whole Wheat



Pepperidge Farm
Light Style Soft
Wheat



Pepperidge Farm
Swirl 100% Whole
Wheat, Cinnamon
with Raisins



Pepperidge Farm
Very Thin Sliced,
Soft 100% Whole Wheat



Pepperidge Farm
Farmhouse 100%
Whole Wheat



Pepperidge Farm
Farmhouse Whole
Grain White



Pepperidge Farm
15 Grain



Pepperidge Farm
15 Grain
Thin Sliced



Pepperidge Farm
100% Whole Grain
Whole Wheat



Pepperidge Farm
Honey Wheat



Pepperidge Farm
Whole Grain Oatmeal



Roman Meal Sungrain
100% Whole Wheat



Sara Lee
100% Whole Wheat



Stern's
100% Whole Wheat



Village Hearth
100% Whole Wheat

OTHER BREAD PRODUCTS

- 100% Whole Wheat
- Any brand or size.
- Whole Grain.

ALLOWED

- Buns.
- Bagels.
- English muffins.
- Pita.
- Sandwich thins.
- Any other whole wheat bread products.



NOT ALLOWED

- Organic.
- Keto or carb smart products.
- Gluten free.
- Bakery products.



OATS*

- Any brand or size.

ALLOWED

- Rolled oats.
- Steel cut oats.



- Old fashioned oats.
- Quick cooking oats.

NOT ALLOWED

- Organic.
- Added nuts, seeds, fruit or other flavorings.
- Added protein.
- Granola.
- Oat flour.
- Packets.
- Premium brands, like Bob's Red Mill.
- Oats from bulk section.

*Oats are a whole grain choice, NOT a cereal choice.

PASTA

- 100% Whole Wheat.
- Whole Grain.
- Any brand or size.

ALLOWED

- Organic.
- Any shape.



NOT ALLOWED

- Pasta with added sugar, fats, oils or salts.
- Pasta made from rice, quinoa, flax, corn or vegetables.
- Pasta that is refrigerated or frozen.
- Microwavable pouches.



OTHER WHOLE GRAINS

- Any brand or size.



ALLOWED

- Organic.
- Brown rice, wild rice.
- Quinoa (any color).
- Whole-grain barley.
- Whole-grain farro, millet, buckwheat.
- Corn meal, corn masa flour.
- Plain.
- Regular, instant and boil-in-bag.
- Any other intact whole grains.



NOT ALLOWED

- Added herbs, seasonings or beans.
- Added sugars, fats, oils or salt.
- Flavored grains.
- Frozen or refrigerated grains.
- Pearled grains.
- Individual cups or microwavable pouches.
- Premium brands, like Bob's Red Mill, Lundberg, Nature's Earthly Choice, Rice Select.
- Grains from bulk section.



TORTILLAS

- 100% Whole Wheat or Whole Corn.



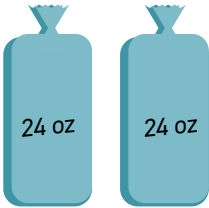
- Any brand or size soft tortillas.



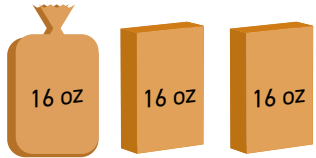
NOT ALLOWED

- Organic.
- Tortilla chips.
- Tostadas.
- White flour.
- Blue corn flour.
- Flavored tortillas.
- Keto or carb smart products.

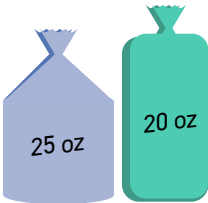
If your WIC Shopping List shows whole grains, you can mix and match any size or type up to your monthly allowance...



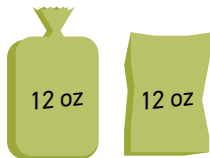
24 oz bread +
24 oz bread = 48 oz



16 oz bread + 16 oz pasta
+ 16 oz rice = 48 oz



25 oz tortilla +
20 oz loaf of bread = 45 oz



12 oz bread product
(i.e. English muffin,
sandwich thin)
+ 12 oz grain
(i.e. Riviana quinoa) = 24 oz



CEREALS

COLD CEREALS

- 11.8-36 oz box/bag. Cereals with this symbol are made with whole grains and are a good source of fiber.



These brands and flavors **ONLY**

General Mills



Bluey
Bluey



Cheerios
Plain , Hearty Nut , Multi Grain ,
Veggie Blends: Apple Strawberry ,
Blueberry Banana



Chex
Blueberry ,
Cinnamon , Corn , Rice ,
Strawberry Vanilla , Wheat



Fiber One
Honey Clusters



Kix
Plain



Mott's
Apple Cinnamon,
Very Berry



Total
Whole Grain



Wheaties
Original
Protein: Maple Almond ,
Honey Pecan



These brands and flavors **ONLY**



Kellogg's



Corn Flakes
Plain



Crispix
Original



Frosted Mini-Wheats

Original 🌾, Little Bites Original 🌾, Blueberry Muffin 🌾,
Cocoa 🌾, Pumpkin Spice 🌾, Strawberry 🌾



Kashi

Blueberry Clusters 🌾,
Cocoa Clusters 🌾,
Honey Toasted 🌾



Raisin Bran

Original 🌾



Rice Krispies

Original



Special K

Original 🌾,
Original Multi-Grain 🌾,
Touch of Cinnamon 🌾,
Cinnamon and Pecan 🌾



These brands and flavors **ONLY**

Malt-O-Meal



Mini Spooners

Frosted 🌾,
Strawberry Cream 🌾



Raisin Bran

Original 🌾

Mom's Best



Mom's Best

Blueberries Wheatfuls 🌾

Post



Bran Flakes

Original 🌾



Grape-Nuts

Flakes 🌾, Original 🌾



Great Grains

Banana Nut Crunch 🌾, Crunchy Pecan 🌾, Red Berry Almond
Crunch 🌾, Cranberry Almond Crunch 🌾, Raisins Dates Pecans 🌾



These brands and flavors **ONLY**

Post (continued)



Honey Bunches of Oats

Almonds, Cinnamon Bunches, Honey Roasted, Maple and Pecan, Vanilla, Strawberry



Raisin Bran Original

Quaker



Life

Original, Might Life Mixed Berry, Might Life Vanilla, Vanilla



Oatmeal Squares

Brown Sugar, Cinnamon, Honey Nut

Silver Pallet Kitchens




Grain Berry


Apple Cinnamon Toasted Oats, Bran Flakes, Cinnamon Shredded Wheat, Original Toasted Oats




STORE BRAND CEREALS

- 11.8-36 oz box/bag.

 Cereals with this symbol are made with whole grains and are a good source of fiber.

 These brands and flavors **ONLY**

Always Save

- Crisp Rice
- Frosted Shredded Wheat 
- Toasted Oats

Best Choice

- Bran Flakes 
- Crispy Rice
- Corn Flakes
- Frosted Shredded Wheat 
- Happy O's 
- Wheat Flakes 





Essential Everyday

- Bran Flakes 
- Corn Flakes
- Crunchy Oats
- Crispy Rice
- Crispy Rice Squares
- Frosted Shredded Wheat
- Strawberry Cream 
- Toasted Oats 

Freedom's Choice

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


Great Value

- Bran Flakes 
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat 
- Rice Squares
- Rice Crispers
- Strawberry Frosted Shredded Wheat 
- Toasted O's 


IGA

- Bran Flakes 
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat 
- Shredded Wheat 
- Toasted Oats 

Kiggins

- Corn Flakes
- Crispy Rice
- Rice Squares
- Rolling Oats 

Kroger

- Corn Flakes
- Crispy Rice
- Oat Squares
- Rice Bitz
- Strawberry Cream Frosted Shredded Wheat 
- Toasted Oats



Meijer

- Bran Flakes
- Crispy Rice
- Crunchy Wheat Squares
- Frosted Shredded Wheat
- Rice Squares
- Strawberry Frosted Shredded Wheat
- Toasted Oats

Our Family

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

HOT CEREALS

- 9-36 oz box. Cereals with this symbol are made with whole grains and are a good source of fiber.



These brands and flavors **ONLY**



COCO Wheats
Original



Cream of Rice
Original
Packets Allowed



Cream of Wheat
Original & Whole Grain
Packets Allowed



Maypo
Instant Oatmeal Maple



Quaker Instant Grits
Original & Butter
Packets **ONLY**



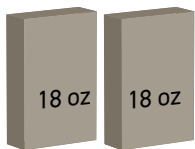
Quaker Instant Oatmeal
Original
Packets **ONLY**



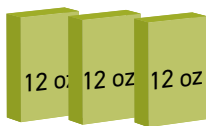
Store Brand Instant Oatmeal
Regular Flavor, Packets **ONLY**
America's Choice, Best Choice, Essential Everyday,
Great Value, IGA, Kroger, Meijer, Our Family



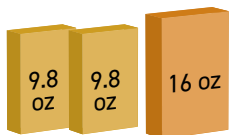
Mix and match any size of hot and cold cereal up to your total.



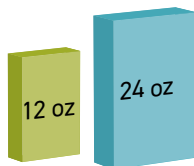
$$18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}$$



$$12 \text{ oz} + 12 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$



$$9.8 \text{ oz} + 9.8 \text{ oz} + 16 \text{ oz} = 35.6 \text{ oz}$$



$$12 \text{ oz} + 24 \text{ oz} = 36 \text{ oz}$$



Health Bite

Iron-rich foods is important for growth and development. Eating iron foods with vitamin C can help your body better absorb the iron.

Combine these WIC foods as meal or snack ideas:

- Cereal with orange slices.
- Spinach in your yogurt and fruit smoothie. Add cereal for added crunch.
- Eggs with spinach and bell peppers.
- Bean and cheese taco or quesadilla with tomatoes and peppers.



EGGS

- One dozen package.



ALLOWED

- Any brand or size of egg.
- White shells only.
- Cage-free only.



NOT ALLOWED

- Organic.
- Free range or pasture raised.
- Low cholesterol.
- Pasteurized.
- Fortified/enriched with omega-3, DHA or vitamin E.



Health Bite

Eat protein to help you feel full and satisfied.

- Experiment with eggs - hard-boiled with some fruit for a snack or scramble them and add some veggies for a quick and tasty omelet.
- Canned fish is an easy way to get protein and nutrients like omega-3 fatty acids and vitamin D, which are important for heart, bone and brain health. Choose low-mercury and low-sodium options when possible.
- Swap tofu for any recipe where you'd use meat. Or try it in smoothies and soups as a creamy base.



TOFU

If your WIC Shopping List shows Tofu, you can mix and match up to your total.

- 14-16 oz package.

✓ ALLOWED

- Organic.
- Refrigerated, block tofu.

✓ These brands and types **ONLY**

Azumaya

Azumaya
Firm,
Extra Firm

House Foods

House Foods
Soft, Medium, Firm,
Extra Firm



Nasoya
Firm, Extra Firm



Simple Truth
Firm, Extra Firm



True Goodness Organic
Firm, Extra Firm



⊘ NOT ALLOWED

- Added herbs, flavorings or seasonings.
- Added sugars, fats, oils or salt.
- Cubed.



FISH

- Any size, can or foil pouch.

✓ ALLOWED

- Any brand or type of chunk light tuna, mackerel, sardines or pink salmon.
- Packed in water or oil.
- Tuna and sardines can have added sauces and flavorings, such as tomato sauce, mustard or lemon.
- May include bones or skin.

You may combine fish types, packages and sizes.



⊘ NOT ALLOWED

- Organic.
- Salmon: Atlantic, Red Sockeye, Blueback Sockeye, prime fillets, smoked fillets.
- Tuna: Albacore, Solid white.
- Mackerel - Jack, King.
- Flavored Pink Salmon.
- Added crackers, condiments or utensils.
- Added grains or beans.
- Premium brands, like Blue Harbor, Private Selection and Wild Planet.
- Fresh or frozen.



PEANUT BUTTER, OTHER NUT OR SEED BUTTER & BEANS

With your benefits, you can choose:

- 1 jar 16-18 oz Peanut Butter*
or 12-18 oz Other Nut or Seed Butter* **OR**
- 1 LB (16oz) package dry beans, lentils or peas **OR**
- 4 cans/jars 15-16 oz beans or peas.



OR



OR



*Choose the type shown on your Shopping List.

PEANUT BUTTER

Your shopping list must show 16-18ozPnutBtr.



ALLOWED

- 16-18 oz jar.
- Smooth, creamy, crunchy or extra crunchy.



NOT ALLOWED

- Organic.
- Premium brands, like Frederik's, Fifty50, Justin's and Private Selection.
- Peanut butter mixed with jelly, marshmallow, honey, chocolate or other flavorings.
- Spreads or reduced fat.
- DHA or Omega 3.
- Whipped.



OTHER NUT OR SEED BUTTERS

Your shopping list must show 12-18ozNutSeedBtr.

✓ ALLOWED

- 12-18 oz jar.
- Creamy or crunchy.

✓ These brands and types **ONLY**

Tahini-Sesame



Al Arz Tahini



Al Kanater



Durra



Lebanon Valley



Royal Tahini



Ziyad

Almond Butter



Meijer



Our Family



Sam's Choice



Simple Truth



True Goodness

Soy



WOW Butter
Creamy or Crunchy

Sunflower



Sunbutter Creamy,
Crunchy or Natural

⊘ NOT ALLOWED

- Organic.
- Peanut butter.
- Butters mixed with jelly, marshmallow, honey, chocolate or other flavorings.



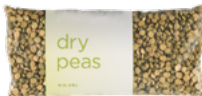
BEANS, LENTILS & PEAS

DRY



ALLOWED

- 16 oz (1 LB) package.
- Any brand or type.



NOT ALLOWED

- Organic.
- Premium brands, like Barzi beans.
- Dry beans with seasoning packets.

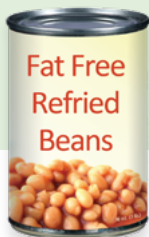




CANS/JARS

✓ ALLOWED

- 15-16 oz can/jar (multi-packs allowed).
- Any brand or type, including fat free refried beans.
- Low sodium.



⊘ NOT ALLOWED

- Organic.
- Beans with added fat, oil, meat, fruits, vegetables or sugars.
- Baked beans.
- Pork and beans.
- Chili beans or soups.
- Green beans, snap, wax or yellow beans*.
- Green or sweet peas*.

*Buy these canned vegetables with your fruits and vegetables benefit.



Health Bite

Beans and legumes come in many different colors, shapes and sizes. They contain a protein packed punch in both sweet and savory recipes.

One cup of black beans contains 13 grams of protein as well as fiber, folate, iron and other important minerals. Try some beans or legumes with rice or tortillas, salads and salsa.



MILK

Choose the assigned milk shown on your Shopping List.

- 1%, 1/2% or Skim Milk.
- 2% Milk.
- Whole Milk.

Your milk balance will show in 'QT or Equiv'.
See chart below for allowable sizes.



ALLOWED

- Cow's milk.
- Lactose free milk.
- Buttermilk.
- Powdered milk.
- Evaporated milk.



1 quart
(32 oz)



1 half gallon
(1.89 L)

=



2 quarts
(64 oz)



96 oz

=



3 quarts
(96 oz)



1 gallon (3.78 L)

=



4 quarts (128 oz)



12 oz evaporated

=



0.75 quarts (24 oz)



- 25.6 oz box = 8 quarts
- 32 oz box = 10 quarts
- 64 oz box = 20 quarts



NOT ALLOWED

- Organic.
- Chocolate or flavored milk.
- Evaporated filled milk.
- Nut or grain milk (like almond or rice).
- Premium Brands like (A2, Fairlife).
- Glass bottles.
- Unhomogenized.
- UHT milk.
- Ultra-filtered milk.
- Raw milk.
- High protein milk.



CHEESE

See your WIC Shopping List for allowed maximum cheese price.

- 16 oz (1 LB) **ONLY**.
- U.S. made prepackaged cheese.



ALLOWED

- String (without individual wrapping).
- American (without individual wrapping).
- Cheddar.
- Colby.
- Colby Jack (Cojack).
- Monterey Jack.
- Mozzarella.
- Muenster.
- Provolone.
- Swiss.

NOT ALLOWED

- Organic.
- Shredded, grated, cubed, crumbles, shapes or curds.
- Sliced cheese, except American.
- Individually wrapped cheese slices (singles), sticks or strings.
- Cheese foods (for example: Velveeta).
- Cheese products, whips or spreads.
- Smoked cheese or raw milk cheese.
- Variety wheels or variety packs.
- Cracker backers or stackers.
- Cheese with pimento, peppers, seeds, meat, etc.
- Farmer or goat cheese.
- Fresh mozzarella.
- Imported cheese.
- Plant based cheese.



YOGURT

Buy the type of yogurt shown on your Shopping List (whole, lowfat or nonfat). Choose from the brands listed.

- 32 oz tubs.
- 4 oz 4-pack (16 oz total).
- 4 oz 8-pack (32 oz total).
- 2 oz tube 8-pack (16 oz total).
- 2 oz tube 16-pack (32 oz total).

✓ ALLOWED

- Plain or any flavor.
- Fruit on the bottom.



✓ These brands and types **ONLY**



Activia

Low Fat

Black Cherry, Blueberry, Prune, Peach, Mango, Mixed Berry, Strawberry, Strawberry Banana



Best Choice (32 oz tubs only)

Non Fat, Low Fat

Peach, Plain, Strawberry, Strawberry Banana, Vanilla



Essential Everyday

Non Fat

Blueberry, Plain, Strawberry, Vanilla



Brown Cow

Whole Fat

Maple, Plain, Vanilla



Coburn Farms

Low Fat

Plain, Vanilla



Dannon

Non Fat, Low Fat, Whole Fat

Plain, Vanilla



These brands and types **ONLY**



Go-Gurt Simply

Non Fat, Low Fat

Mixed Berry/Strawberry Banana, Strawberry, Strawberry/Mixed Berry, Vanilla/Raspberry



Great Value

Non Fat, Low Fat

Peach, Plain, Strawberry Banana, Vanilla



Karoun

Non Fat, Low Fat, Whole Fat

Plain



Kroger (32 oz tubs only)

Non Fat, Low Fat, Whole Fat

Plain, Vanilla (low fat only)



LALA

Low Fat

Mango, Strawberry, Plain, Vanilla



Mehadrin

Low Fat

Plain



Meijer (32 oz tubs only)

Low Fat, Whole Fat

Blueberry, Plain, Strawberry, Strawberry Banana, Vanilla



Our Family

Non Fat, Low Fat

Blueberry, Peach, Strawberry, Vanilla



Yoplait

Low Fat

Blueberry, Peach, Plain, Strawberry, Strawberry Banana, Vanilla, Yoplait Kid Strawberry/Berry, Yoplait Kid Strawberry/Blueberry, Yoplait Kid Strawberry/Strawberry Banana, Yoplait Kid Strawberry Banana/Raspberry, Yoplait Kid Wild Berry/Cotton Candy



NOT ALLOWED

- Organic.
- Plant based yogurt.
- Greek yogurt.
- Activia Fusion.
- Yogurt in bottles (drinkable) or pouches.
- Yogurts with separate mix-in items such as candy, granola, honey or nuts.
- Artificial sweeteners (for example: aspartame, Stevia, sucralose or saccharine).



Health Bite

Nutrition in every bite.

- Provides calcium and vitamin D to support strong bones and teeth.
- Good source of protein to help with growth and energy.
- Supports healthy digestion with good bacteria.
- Easy to enjoy plain, or mix with fruit, nuts, or cereal for quick and healthy meals and snacks.



PLANT-BASED BEVERAGE

If your WIC Shopping List shows: QT or Equiv Soy Beverage you can buy...

- 1 quart = 32 oz.
- 2 quarts = 64 oz.
- 1.5 quarts = 48 oz.
- 2 quarts = 59 or 64 oz.



These brands and flavors **ONLY**



8th Continent
Soy Beverage
Original,
Better Goods
32 & 64 oz
(refrigerated)



Pacific Foods
Soy Beverage
Ultra Soy Original
32 oz
(shelf stable)



Ripple Brand
Pea Protein
Beverage
48 oz
(refrigerated)



Ripple Kids
Pea Protein
Beverage
48 oz
(refrigerated)



Silk
Soy Beverage
Original, Vanilla
32 & 64 oz
(refrigerated &
shelf stable)



Silk Kids
Pea and
Oatmilk Blend
59 oz
(refrigerated)



JUICES

- 64 oz ONLY.
- 100% Juice.
- At least 80% Vitamin C on Nutrition Facts label.
- Added calcium and fiber allowed.
- ⊘ No organic allowed.

✔ These brands and flavors **ONLY**



Apple & Eve

Apple, Cranberry Apple, Cranberry Raspberry, Cranberry Grape, Cranberry Pomegranate, Sesame Street: Big Bird Apple, Cookie Monster's Berry Cranberry, Elmo's Punch, Grover's White Grape



Campbell's Tomato Juice

Regular, Low Sodium, Healthy Request



Everfresh

Apple, Kiwi Strawberry, Orange



Indian Summer

Apple



Juicy Juice

Any flavor



Libby's

Pineapple



Mott's

Apple, Apple White Grape, Apple Mango, Apple Cherry, Fruit Punch, Strawberry Kiwi, Pineapple Passion Fruit



Northland

Blueberry Blackberry Acai, Cranberry (Traditional), Cranberry Grape, Cranberry Raspberry, Cranberry Mango, Cranberry Pomegranate, Pomegranate Blueberry



These brands and flavors **ONLY**



Ocean Spray

Concord Grape, Cranberry, Cranberry Cherry, Cranberry Concord Grape, Cranberry Elderberry, Cranberry Mango, Cranberry Pineapple, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Watermelon



Old Orchard
Any flavor



V8
Original,
Low Sodium,
Spicy Hot



Welch's
Grape, Red Grape,
Orange Pineapple Apple,
White Grape



Tree Top
Apple

STORE BRAND JUICES - 64 OZ

Any Store Brand

Orange
May be refrigerated
Grapefruit

Always Save

Apple
Grape

Best Choice

Apple
Apple Cider
Grape
Pineapple
Tomato
Vegetable
White Grape
Busch's
Apple

Essential Everyday

Apple

Apple Cider
Cranberry
Grape
Pineapple
Tomato
Vegetable (includes Low Sodium)
White Grape
White Grape Peach

Freedom's Choice

Apple
Grape
Tomato

Great Value

Apple
Cranberry
Cranberry Concord Grape
Cranberry Pomegranate
Mango
Peach Mango



STORE BRAND JUICES - 64 OZ CONTINUED

Tomato
Vegetable
White Grape
White Grape Peach

IGA

Apple
Grape
Pineapple
Tomato
White Grape

Kroger

Apple
Apple Cider
Berry
Cranberry
Cranberry Raspberry
Fruit Punch
Grape
Pineapple
Vegetable (includes Low Sodium
and Spicy)
White Grape
White Grapefruit

Langer

Apple
Apple Berry Cherry
Apple Cranberry
Apple Grape
Apple Orange
Pineapple
Apple Peach Mango
Cranberry Plus
Cranberry Raspberry Plus
Grape
Pineapple

Meijer

Apple
Berry
Cherry
Cranberry
Cranberry Grape
Grape
Pineapple
Tomato
Vegetable (includes Low Sodium
and Spicy)
White Grape
White Grape Peach

Nature's Nectar

Apple
Grape
Our Family
Apple
Apple Cider
Berry
Cherry Punch
Cranberry
Cranberry Grape
Cranberry Raspberry
Fruit Punch Grape
Grape
Pineapple
Tomato
Vegetable
White Grape

Smart Way

Apple

Tipton Grove

Apple
Cranberry
Grape
Vegetable

Value Time

Grape



ONLINE NUTRITION EDUCATION

Find Lessons:

Check out lessons on preparing for your newborn, meal planning, picky eating and more - all with the goal of making or keeping your family healthy and strong.

1. Go to www.wichealth.org.
2. Create an account.
3. Take a lesson. Be sure to fill out the survey.

Remember your username and password for next time.



Scan the QR code to get started.

Need Help?

Click the “Help” button on your screen. All questions are answered within 24 hours.

Sign up for wichealth text alerts, which will allow you to reset your password by text.





MICHIGAN WIC EBT CARD, FRAUD AND SHOPPING TIPS

About your Michigan WIC EBT Card

- See Using your WIC EBT Card found on michigan.gov/wicfoods for important information.
- For setting your PIN, issues with scanning your card and checking a benefit balance, call **888-678-8914** or visit ebtedge.com.



Help us look out for **WIC fraud**.

If you see something, please say something.

Offering to trade, sell, transfer or exchange WIC foods (including formula) and/or EBT cards verbally, in print or online is a crime.



Call **800-CALL-WIC (800-225-5942)** or



Email wicfraudinvestigations@michigan.gov





Shopping Tips

Things to have when you shop with WIC:

1. WIC EBT Card (photos or written card numbers will not be accepted).
2. WIC Shopping List and WIC food guide.
OR
Use the WIC Connect app to see your benefits and food guide.
3. WIC Food Guide – to find WIC-approved foods.
4. The WIC Connect app – use the scanning feature to see if items are WIC-approved, and look at your Shopping List and food guide.

Knowledge is power! See what you can buy with your WIC benefits by:

1. Using the WIC Connect app.
2. Call **1-888-678-8914** (this number is also on the back of your WIC EBT Card).
3. Running a balance inquiry at the store.
You can ask a cashier for help if needed.



If you have problems or questions about buying WIC foods or have issues with a store, call your local WIC clinic.



Need more help?

If you're unable to solve the problem in the store, scan the QR code or visit Michigan.gov/WIC and click **Submit a Complaint**.

To help us better assist you, take pictures of:

- The front and back of the item(s), including the barcode or UPC.
- Your receipt.



In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
Fax: (202) 690-7442; or
Email: program.intake@usda.gov.

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