

EFFECTIVE  
MARCH 2026



Colorado WIC

# FOOD LIST AND SHOPPING GUIDE



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## WIC Shopping Tips



- Use the **WICShopper App** to check your WIC food balance before you shop.
- Use the WICShopper App or Food List to help you choose WIC foods.

★ **IMPORTANT TIP:** Colorado WIC offers foods in different sizes to give you more flexibility. Some sizes might be smaller than your full monthly benefit and easier to find at your store. Just keep in mind, if you pick sizes that don't add up to your full benefit amount, any leftover benefit won't carry over to the next month and will be lost.

For example, if you have 24 ounces of whole grains and choose an 18.75 ounce package of corn tortillas, you won't be able to use the remaining 5.25 ounces because stores don't carry 5.25 ounce packages of whole grains like corn tortillas.

- You may use coupons, store loyalty cards, buy-one-get-one offers, and other sales when using your eWIC card to buy food.
- Substitutions are not allowed. You may only buy foods on your WIC benefits and the Food List.
- WIC foods, formula, or your eWIC card cannot be sold, traded, or given away.
- WIC foods and formula cannot be returned or exchanged for cash, credit, or other items.
- Rain checks and IOUs are not allowed.

✓ Visit **wichealth.org** for recipe ideas and information!

New foods are added every **March and September**. For the latest list, scan the QR code.



# FRUITS AND VEGETABLES

## AMOUNT

Your dollar amount is listed on your WIC benefits or on the WICShopper App. If your purchase goes over that dollar amount, you can pay the difference.

## BRAND

Any brand

Buy fresh or frozen if specified on your WIC benefits.

## FRESH AND FROZEN

### Okay to Buy

- Any package size and type
- Plastic containers including bags, boxes, and tubs
- Salad and mixed greens (with fruits and vegetables only)
- Whole, cut, and sliced
- Organic
- Bulk
- Mixed fruits and vegetables
- Frozen smoothie mixes (with fruits and vegetables only)
- Garlic, ginger root, and turmeric root
- Herbs must be fresh and can be in plastic containers or bunches. They can be single or in blends. The following herbs are allowed:

- |            |               |            |
|------------|---------------|------------|
| - Basil    | - Fennel      | - Parsley  |
| - Bay Leaf | - Lemon Grass | - Rosemary |
| - Chives   | - Marjoram    | - Sage     |
| - Cilantro | - Mint        | - Thyme    |
| - Dill     | - Oregano     | - Tarragon |

### Do Not Buy

- French fries, hash browns, tater tots with added sugar, fat, or oil
- Items from deli or salad bar
- Party trays
- Fruit baskets, decorative fruits, or vegetables
- Dried fruit or vegetables
- Nuts (including peanuts, fruit/nut mixtures)
- Dried spices
- Dried or potted herbs
- Added sauce, meat, pasta, rice, or noodles
- Added syrup, sweetener, flavoring, sugar, fat, or oil
- Added dressing, croutons, or cheese (such as in salad kits)



## CANNED

### Okay to Buy

- Cans, jars, pouches, and single serve packages
- Any size
- Packed in water or natural fruit juice
- Applesauce (unsweetened and cinnamon)
- Organic
- Regular or low sodium
- Pastes, purees, whole, diced, and crushed tomatoes
- Salsa (without added sugars, oils, fats, cheese, or cream)
- Sweet peas
- Garlic

### Do Not Buy

- Sauerkraut
- Pickles, pickled vegetables, or creamed vegetables (including corn)
- Ketchup, relish, olives
- Products with added meats, sugar, fats, or oils
- Products with added oats, nuts, seeds, or condiments
- Products packed in syrup (heavy, light, naturally light, extra light, etc.)
- Soups, sauces (pizza or spaghetti)
- Home-canned or home-preserved fruits and vegetables
- Jams, jellies, or preserves

# WHOLE GRAINS

## 100% WHOLE WHEAT BREAD

### SIZE

8 ounces (oz) to 32 ounces (oz)

### BRAND

Any brand

### Okay to Buy

- Must have "100% Whole Wheat" on the front label
- Loaves, rolls, and buns

## WHOLE GRAIN BREAD

### BRAND

Specific items listed below



### NATURE'S OWN

- 100% Whole Grain



### OROWEAT

- Whole Grain Multigrain Bread
- Whole Grain Oatnut Small Slice



### PEPPERIDGE FARM

- Whole Grain 15 Grain
- Whole Grain Honey Wheat
- Whole Grain Oatmeal

### Do Not Buy

- Deli
- Organic
- Non-sugar substitutes (including stevia, sucralose, or acesulfame)
- Bagels, pita bread, flat bread, or English muffins

# CORN TORTILLAS

### SIZE

8 ounces (oz) to 80 ounces (oz)

### BRAND



Albuquerque Tortilla



Best Choice



Candy's



Don Julio



Food Club



Great Value



Guerrero



Herdez



Kroger



La Banderita



La Favorita



La Tortilla Factory



Lynn Wilson's



Mission



New Mexico



Santa Fe Tortilla



Signature Select



Tortillas Mexico

### Okay to Buy

- White corn
- Yellow corn
- Soft corn tortillas



# WHOLE GRAINS

## WHOLE WHEAT TORTILLAS

### SIZE

16 ounces (oz)

### BRAND



Best Choice



Great Value



Kroger



Mission



Santa Fe  
Tortilla



Signature  
Select

### Do Not Buy

- White flour tortillas
- Taco or tostada shells
- Flavored
- Tortilla chips
- Uncooked
- Added modified food starch
- Organic
- Fried
- Bulk
- Non-sugar substitutes (including stevia, sucralose, or acesulfame)



## 100% WHOLE WHEAT PASTA

### SIZE

16 ounces (oz)

### BRAND



Barilla



Clearly Organic



Food Club



Full Circle  
Market



Good & Gather



Great Value



Kroger



O Organics



Ronzoni



Signature  
Select



Simple Truth  
Organic

### Okay to Buy

- Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni, and shells
- Organic

### Do Not Buy

- Added sugars, fats, oils, or salt
- Pasta made from rice, quinoa, lentils, flax, corn, or vegetables
- Bulk



# WHOLE GRAINS

## BROWN RICE

### SIZE

Regular, instant, and quick cooking:  
12 ounces (oz) to 80 ounces (oz)

### BRAND

Any brand

### Okay to Buy

- Regular, quick cooking, and instant
- Natural
- Boil-in-bag
- Long, medium, and short grain
- Bag and box
- Wild rice
- Organic

### Do Not Buy

- Red or black rice
- Pouches
- Added sugar, salt, flavoring, fat, or oil

## BULGUR

### SIZE

20 ounces (oz) to  
35.27 ounces (oz)

### BRAND

Any brand

### Do Not Buy

- Organic
- Pouches
- Added sugar, fat, oil, salt, or flavoring



## QUINOA

### SIZE

12 ounces (oz) to  
48 ounces (oz)

### BRAND

Any brand

## OATS

### SIZE

16 ounces (oz) to 42 ounces (oz)

### BRAND



Avelina Oats



Better Oats  
Organic



Bob's Red  
Mill



Bob's Red Mill  
(Organic)



Granvita



McCann's



Mom's Best



Quaker

### Okay to Buy

- Quick, rolled, and old-fashioned oats
- Organic

### Do Not Buy

- Instant or individual packets
- Steel cut oats
- Bulk
- Added sugar, fat, oil, salt, or flavoring

## Is oatmeal a cereal or whole grain?

It's both! When shopping with WIC, remember:

- Use your cereal benefits to buy instant oatmeal in single-serving packets.
- Use your whole grain benefits to buy other types of oats (box, bag, or tub).



# BREAKFAST CEREAL

## HOT CEREAL

### SIZE

8 ounces (oz) or larger

\* = Whole grain cereals

### BRAND

#### CREAM OF RICE



Instant

#### CREAM OF WHEAT



Original  
1 minute



Original  
2½ minutes



Original  
Instant

#### GREAT VALUE



Instant Grits  
Butter



Instant Grits  
Original

#### MALT-O-MEAL



Unflavored

#### QUAKER



Quaker  
Instant Grits  
Original

oatmeal



### Oatmeal\*

#### Individual packets, plain, unflavored

- Best Choice
- Food Club
- Great Value
- Kroger
- McCann's Irish Oatmeal
- Our Family
- Quaker
- Signature Select

See note on the bottom of page 11.

### Do Not Buy

- Organic
- Flavors not listed

## COLD CEREAL

### SIZE

8 ounces (oz) or larger

\* = Whole grain cereals

### BRAND

#### GENERAL MILLS



Bluey\*



Cheerios\*



Cheerios  
Multi Grain\*



Cheerios  
Hearty Nut  
Medley\*



Cheerios Veggie  
Blend Apple  
Strawberry\*



Cheerios Veggie  
Blend Blueberry  
Banana\*



Blueberry  
Chex\*



Corn Chex\*



Rice Chex\*



Strawberry  
Vanilla Chex\*



Wheat Chex\*



Fiber One  
Honey Clusters\*



Kix\*



Total Whole  
Grain\*



Wheaties\*

#### KELLOGG'S



All-Bran  
Complete  
Wheat Flakes\*



Corn Flakes



Crispix



Frosted  
Mini-Wheats\*

# CEREAL (CONTINUED)

## KELLOGG'S (CONTINUED)



Frosted Mini-Wheats Blueberry Muffin\*



Frosted Mini-Wheats Cocoa\*



Frosted Mini-Wheats Pumpkin Pie Spice\*



Frosted Mini-Wheats Strawberry\*



Raisin Bran\*



Rice Krispies



Special K Original



Special K Protein Original Touch of Cinnamon\*

## MALT-O-MEAL



Raisin Bran\*



## POST



Bran Flakes\*



Grape-nuts Original\*



Grape-nuts Flakes\*



Great Grains Banana Nut Crunch\*



Great Grains Cranberry Almond Crunch\*



Great Grains Crunchy Pecan\*



Great Grains Raisins, Dates & Pecans\*



Great Grains Red Berry Almond Crunch\*



Honey Bunches of Oats Almonds



Honey Bunches of Oats Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Maple & Pecans



Honey Bunches of Oats Strawberries



Honey Bunches of Oats Vanilla



Raisin Bran\*

## QUAKER



Life\*



Mighty Life Mixed Berry\*



Mighty Life Very Vanilla\*



Oatmeal Squares Brown Sugar\*



Oatmeal Squares Honey Nut\*

## STORE BRAND



### Bran Flakes\*

- Best Choice
- Food Club
- Freedom's Choice
- Great Value
- Our Family



### Crispy Rice

- Always Save
- Best Choice
- Food Club
- Freedom's Choice
- Great Value
- Kiggins
- Kroger
- Our Family
- Signature Select



### Frosted Shredded Wheat\*

- Always Save
- Food Club
- Freedom's Choice
- Great Value
- Kiggins
- Our Family



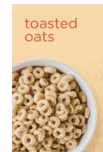
### Frosted Shredded Wheat Strawberry\*

- Kroger



### Oat Squares\*

- Kroger



### Toasted Oats\*

- Always Save
- Best Choice
- Food Club
- Freedom's Choice
- Great Value
- Kiggins
- Kroger
- Our Family

## Do Not Buy

- Single serving packets of cold cereal
- Granola
- Organic
- Flavors not listed

## Shopping Tip

Choose any combination of WIC approved cereals up to the total listed on your benefit balance. See these examples.



**TOTALS**  
36 OUNCES (OZ)



**TOTALS**  
36 OUNCES (OZ)



**TOTALS**  
36 OUNCES (OZ)

# MILK

## SIZE

Quart, half-gallon, or gallon

## BRAND

Any brand

**Buy fat content listed on your WIC benefits or on the WICShopper App:**

- Whole
- 2% (Reduced Fat)
- 1% (Lowfat) or Skim (Fat Free)

## Okay to Buy

- Fresh, canned, powdered
- Plastic and paper cartons
- UHT long-life
- Buttermilk
- Added calcium
- Lactose-free (any brand)
- Meyenberg Goat Milk
- Organic

## Do Not Buy

- Flavored milk
- Fairlife and A2 brands
- Raw milk
- "Milk" beverages made from nut, coconut, or rice

## Shopping Tip

### FRESH OR UHT MILK



**1 GALLON**  
= 1.0 gallon



**½ GALLON + 1 QUART**  
= 0.75 gallons



**½ GALLON**  
= 0.5 gallons



**1 QUART**  
= 0.25 gallons

### CANNED MILK



**12 OZ CAN**  
= 0.25 gallons

### POWDERED MILK



- 4 POUNDS (64 OZ)** = 5.0 gallons
- 32 OZ BOX** = 2.5 gallons
- 25.6 OZ BOX** = 2.0 gallons
- 9.6 OZ PACKAGE** = 0.75 gallons
- 3.2 OZ PACKAGE** = 0.25 gallons

**12 OZ CAN POWDERED MEYENBERG GOAT MILK** = 0.75 gallons

# PLANT-BASED MILK ALTERNATIVES

## SIZE

Quart, 48 ounces (oz), 59 ounces (oz), or half-gallon

If your WIC benefits include “plant-based milk alternatives”, purchase any of the following:

## BRAND



8th Continent Soy Milk  
Original  
Refrigerated  
(half-gallon)



Bettergoods Soy Milk  
Original  
(half-gallon)



Ripple Kids  
Plant-based Milk  
Original  
(48 oz)



Ripple Kids  
Plant-based Milk  
Unsweetened  
Original  
(48 oz)



Silk Original Soy Milk  
Refrigerated  
(half-gallon)



Silk Vanilla Soy Milk  
Refrigerated and  
shelf stable  
(quart and half-gallon)



Silk Aseptic Soy Milk  
Original  
Shelf stable  
(quart)



Silk Kids  
Oatmilk Blend  
(59 oz)

## Do Not Buy

- Flavors or brands not pictured
- Light
- Organic



# YOGURT

## SIZE

32 ounce (oz) tub,  
8-packs of 2 ounce (oz) tubes, or  
16-packs of 2 ounce (oz) tubes

Buy fat content listed on  
your WIC benefits or on the  
WICShopper App:

- Whole
- Nonfat or lowfat



## WHOLE

### BRAND

**DANNON**

- Dannon
- Vanilla

**MOUNTAIN HIGH**

- Mountain High
- Plain
- Strawberry
- Vanilla

## NONFAT AND LOWFAT

### BRAND

**Best Choice**

- Best Choice
- Strawberry
- Banana Lowfat
- Peach Lowfat

**DANNON**

- Dannon
- Plain



- Food Club
- Blended
- Strawberry Lowfat
- Blended Vanilla Lowfat
- Peach Lowfat
- Raspberry Lowfat



- Lala
- Mango Lowfat
- Strawberry Lowfat
- Vanilla Lowfat



- Lucerne
- Plain Lowfat
- Plain Nonfat

**MOUNTAIN HIGH**

- Mountain High
- Plain Nonfat
- Plain Lowfat
- Vanilla Lowfat

**OIKOS**

- Oikos
- Vanilla Bean
- Blended Greek Nonfat



- Our Family
- Strawberry Lowfat
- Vanilla Lowfat

**Stonyfield ORGANIC**

- Stonyfield Organic Tubes:
- Strawberry Lowfat
- Cherry, Berry Lowfat
- Strawberry, Mixed Berry Lowfat

**Go-GURT**

- Yoplait Go-Gurt Tubes:
- Simply Vanilla and Raspberry
- Simply Strawberry and Mixed Berry
- Simply Strawberry
- Simply Mixed Berry and Strawberry
- Banana
- Simply Strawberry and Mixed Berry

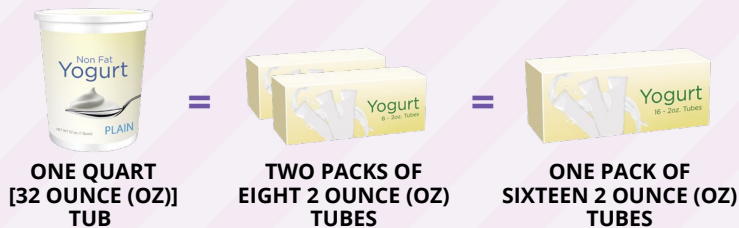
## YOGURT (CONTINUED)

### Do Not Buy

- Flavors or brands not pictured
- Goat, soy, or non-dairy
- Mix-in's or added ingredients such as granola, nuts, or candy pieces
- Drinkables
- Non-sugar substitutes (including stevia, sucralose, or acesulfame)
- Multipacks and individual cups

### Shopping Tip

#### Ways to buy yogurt:



## EGGS

### SIZE

Half dozen (6 count) or dozen (12 count)

### BRAND

Any brand



### Okay to Buy

- Small, medium, large, extra large, or jumbo
- Grade A and AA white and brown eggs
- Organic, free range, or cage free
- Specialty eggs (including pasteurized or fortified/enriched with vitamin E, DHA, or omega 3)
- If specified on WIC benefits, purchase hard boiled eggs

### Do Not Buy

- Grade B

## CHEESE

### BLOCK, SLICED, STRING AND SHREDED

### SIZE

8 ounce (oz), 16 ounce (oz), and 32 ounce (oz) packages

### BRAND

Any brand

### Okay to Buy

- American (white, yellow, sliced)
- Cheddar
- Colby
- Colby Jack
- Monterey Jack
- Mozzarella (whole, part skim)
- Muenster
- Provolone
- Swiss
- Blends of cheeses listed
- Organic



### Do Not Buy

- Cheese food, product, or spread
- Individually wrapped cheese (except string cheese)
- Flavored, imported, or deli cheese
- Pepper Jack
- Mexican or fiesta blends

### Shopping Tip

#### Ways to buy cheese:



# TOFU

## SIZE

12 ounces (oz) to 16 ounces (oz)

## BRAND



**Azumaya**  
- Extra Firm  
- Firm



**Good & Gather**  
- Extra Firm



**House Foods**  
**Premium**  
- Extra Firm  
- Firm



**Nasoya Organic**  
- Firm



**O Organics**  
- Extra Firm  
- Firm



**Simple Truth**  
**Organic**  
- Extra Firm  
- Firm



**Wildwood**  
- Extra Firm  
- Firm

## Okay to Buy

- Fresh
- Refrigerated
- Water-packed
- Organic

## Do Not Buy

- Added sodium, flavoring, fat, or oil



# CANNED FISH

## SIZE

2.5 ounces (oz) to 30 ounces (oz)

## BRAND

Any brand

## Okay to Buy

### CHUNK LIGHT TUNA

- May be packed in water, oil, or vegetable broth
- Plain
- Multipacks
- Cans or Pouches

### SALMON

- May be packed in water or oil
- Plain
- Multipacks
- Cans or Pouches

### MACKEREL

- Only North Atlantic (*Scomber scombrus*) or Pacific chub (*Scomber japonicus*)
- May be packed in water or oil
- Added flavorings (including mustard, lemon, and tomato sauce)
- Cans, multipacks

### SARDINES

- May be packed in water or oil
- Added flavorings (including mustard, lemon, and tomato sauce)
- Cans, multipacks

## Do Not Buy

- Flavored tuna or salmon
- Any other flavor, variety, size, or type of fish
- Items containing olives, peppers, or any other piece of vegetable
- Solid white, albacore tuna
- Prime fillet fish
- Blueback, Sockeye, Red King or Coho Salmon
- Organic
- Tuna or salmon kits





## PEANUT BUTTER

### SIZE

16 ounces (oz) to 18 ounces (oz)

### BRAND

Any brand

### Okay to Buy

- Crunchy, extra crunchy, creamy, and smooth
- Whipped
- Natural
- Regular, low-salt, and reduced salt
- Regular, low-sugar, and reduced sugar
- Organic

### Do Not Buy

- Spreads
- Reduced fat
- Added flavoring, honey, or jelly
- Squeeze tubes
- Other nut or seed butters unless specified on your WIC benefits

## ALTERNATIVE NUT AND SEED BUTTERS

### SIZE

16 ounces (oz)

If your WIC benefits include “alternative nut and seed butters”, purchase any of the following:

### BRAND



Open Nature



Simple Truth



SunButter

### Okay to Buy

- Almond
- Sunflower
- No added sugar
- Creamy, crunchy

### Do Not Buy

- Organic
- Other nut or seed butters (pecan, cashew, mixed nut, soy, etc.)
- Spreads
- Brands not pictured/listed

### Shopping Tip

Ways to buy peanut butter and/or nut/seed butters and beans:



# BEANS

## DRY BEANS

### SIZE

1 pound (16 oz) or  
2 pound (32 oz) bags

### BRAND

Any brand

### Okay to Buy

- Any type of unflavored dry beans, peas, and lentils
- Organic

### Do Not Buy

- Added flavoring
- Soup or soup mix



## CANNED BEANS

### SIZE

15 ounces (oz) to 16 ounces (oz)

### BRAND

Any brand

### Okay to Buy

- Regular, low-salt, and no-salt
- Black beans
- Black-eyed peas (cowpeas)
- Butter beans
- Garbanzo beans (chickpeas)
- Great Northern beans
- Kidney beans (white, red)
- Mung beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Red beans
- Refried beans (no fat, fat free)
- Roman
- Split peas
- Soybeans
- Organic

### Do Not Buy

- Baked beans or chili beans
- Soup or soup mix
- Added flavoring, fat, oil, or meat

# 100% JUICE

## 64 OZ JUICE

### SIZE

64 ounce (oz) plastic bottles

### BRAND

Specific items listed below



#### Always Save

- Apple
- Grape
- Orange



#### Best Choice

- Apple
- Apple Cider
- Grape
- Pineapple
- Tomato
- White Grape



#### Campbell's

- Low Sodium
- Original



#### Diane's Garden

- Vegetable



#### Food Club

- Apple
- Apple Cider
- Grape
- Grapefruit
- Orange
- Pineapple
- Tomato
- Vegetable
- White Grape



#### Freedom's Choice

- Apple
- Grape



#### Good & Gather

- Orange



#### Great Value

- Apple
- Cranberry Blend
- Cranberry Grape
- Cranberry Pomegranate
- Grape
- Mango Peach
- Orange
- Pear
- Pineapple
- Ruby Red Grapefruit
- Tomato
- Vegetable
- White Grape
- White Grape Peach



#### Juicy Juice

- Apple
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Peach Apple
- Punch
- Strawberry Banana
- Strawberry Watermelon
- White Grape



## 64 OZ JUICE (CONTINUED)



- Kroger**
- Apple
  - Apple Cider
  - Cranberry
  - Cranberry Cherry
  - Grape
  - Orange
  - Pineapple
  - Pineapple Mango
  - Ruby Red Grapefruit
  - Vegetable
  - White Grape



- Langers**
- Apple
  - Apple Orange
  - Pineapple
  - Apple Peach
  - Mango
  - Orange
  - Pineapple



- Libby's**
- Pineapple



- Market Pantry**
- Apple
  - Pineapple
  - White Grape



- Mott's**
- Apple
  - Apple Cherry
  - Apple Mango
  - Apple White Grape
  - Fruit Punch
  - Pineapple
  - Passion Fruit



- Northland**
- Cranberry
  - Cranberry Pomegranate



- Ocean Spray**
- Cranberry
  - Cranberry Cherry
  - Cranberry Concord Grape
  - Cranberry Elderberry
  - Cranberry Mango
  - Cranberry Pineapple
  - Cranberry Pomegranate
  - Cranberry Raspberry
  - Cranberry Watermelon



- Old Orchard**
- Apple
  - Apple Cranberry
  - Berry Blend
  - Black Cherry
  - Cranberry
  - Blueberry Pomegranate
  - Cranberry Pomegranate
  - Grape
  - Kiwi Strawberry
  - Orange
  - Peach Mango
  - Red Raspberry
  - White Grape
  - Wild Cherry



- Our Family**
- Cranberry
  - Cranberry Grape



- Signature Select**
- Apple Cider
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Tomato
  - Vegetable
  - White Grape



- Tipton Grove**
- Apple
  - Grape
  - Orange
  - Pineapple
  - Red Ruby Grapefruit
  - White Grape



- Tree Top**
- Apple



- Tropicana**
- Orange



- V8**
- Low Sodium
  - Spicy Hot
  - Original



- Welch's**
- Grape
  - White Grape
  - White Grape Peach

### Okay to Buy

- 64 ounce (oz) orange or grapefruit juice in refrigerated plastic bottles or refrigerated cartons
- Added calcium, vitamin D, or fiber
- Pulp and pulp-free
- White, pink, red, and ruby red grapefruit
- Purple, red, and white grape
- Vegetable and tomato in regular, spicy, or low-sodium

### Do Not Buy

- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends not listed
- Unpasteurized

### Shopping Tip

**If your WIC benefits include "juice-convenient pack", purchase individual servings (cans, bottles, or boxes) of:**

- Apple, grape, or orange-pineapple (Welch's)
- Orange, grapefruit, or orange-grapefruit (any brand)
- Pineapple (Dole)
- Pineapple-banana (Dole)
- Pineapple-mango (Dole)
- Pineapple-orange (Dole)
- Tomato (Campbell's)
- Vegetable (V8)

# BABY FOOD

## INFANT FORMULA

Purchase the size, brand, and form (powdered, concentrate or ready-to-feed) of iron-fortified formula on your WIC benefits or on the WICShopper App.

No substitutions.

## INFANT FRUITS AND VEGETABLES

### SIZE

4 ounces (oz)

### BRAND



Beech-Nut  
Nothing  
Artificial Added



Beech-Nut  
Organic



Beech-Nut  
Naturals



Earth's Best  
Organic



Gerber



Gerber  
Natural



Gerber  
Organic



Good &  
Gather



Happy Baby  
Organics



O Organics



Parent's  
Choice



Simple Truth  
Organic



Tippy Toes



Tippy Toes  
Organic

### Okay to Buy

- Organic
- Mixed fruits and vegetables
- In glass or in plastic
- Multi-packs (for example: 2-pack = 2 jars)

### Do Not Buy

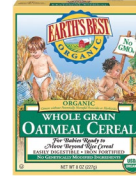
- Added DHA or ARA
- Added sugar, salt, starches, flour, cereal, rice, pasta, noodles, or meat
- Graduates, dinners, or 3rd foods
- Desserts, custard, or yogurt
- Pouches
- Parent's Choice sweet potato

## INFANT CEREAL

### SIZE

8 ounces (oz)

### BRAND



Earth's Best  
Organic



Gerber



### Okay to Buy

- Barley
- Corn
- Mixed Grains
- Multigrain
- Oatmeal
- Whole Wheat
- Organic

### Do Not Buy

- Added fruit or formula
- In jars
- Added DHA or ARA
- Rice

## INFANT MEATS

### SIZE

2.5 ounces (oz)

### BRAND



Beech-Nut  
Nothing Artificial  
Added



Earth's Best  
Organic



Gerber



O Organics

### Okay to Buy

- Organic
- With broth or gravy
- In glass or in plastic
- Multi-packs (for example: 2-pack = 2 jars)

### Do Not Buy

- Added DHA or ARA
- Added sugar, salt, rice, pasta, noodles, fruits, or vegetables
- Graduates, dinners, or 3rd foods
- Pouches



## Shopping with your eWIC card

### GETTING STARTED

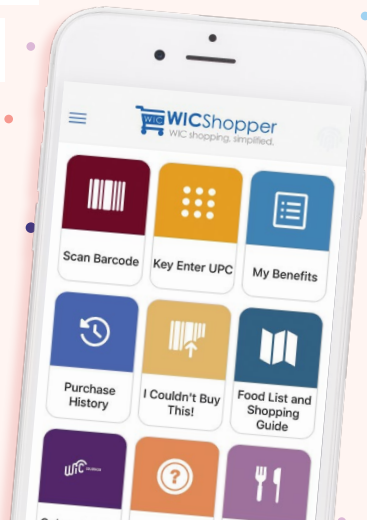
Select a 4-digit Personal Identification Number (PIN) before using your card.

To select your PIN:

- Log onto [www.ebtedge.com](http://www.ebtedge.com) and enter your 16-digit card number **or**
- Call the automated phone line at **1-844-234-4950**

## Download the free WICShopper App

The free WICShopper App lets you review available food benefits, scan products to identify WIC-allowed foods, find WIC clinics and WIC-approved stores on your smartphone.



1

Download the WICShopper App from the app store



2

Select Colorado as your WIC agency

3

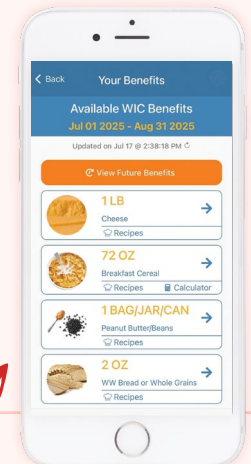
Register your eWIC card

Register using the 16-digit number on the front of your eWIC card.

4

View your benefits

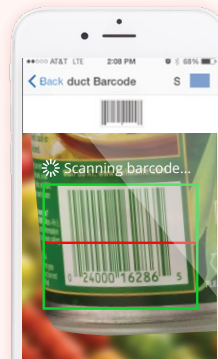
View your current and future benefits, shopping history and most recent Food List, and more right from the app!



5

Scan products

Scan product bar codes to identify WIC-allowed foods as you shop.



# Know your WIC food balance

## WHAT FOOD BENEFITS ARE AVAILABLE?

The Family Food Benefits List shows your family's food benefits for each month.

Month	WIC Approved Foods	Amount
7/1/2026-7/31/2026	Tofu	3 Pound
	Eggs	1 Dozen
	Breakfast Cereal	36 Ounce
	Peanut Butter/Beans	1 Jar/Rag/Can
	WW Bread or Whole Grains	32 Ounce
	Fruit and Vegetables	9 \$\$\$\$
	Soy Milk	3.25 Gallon
	64-oz Juice	2 Bottle
	Cheese	0 Pound
	Tofu	3 Pound
6/1/2026-6/30/2026	Eggs	1 Dozen
	Breakfast Cereal	36 Ounce
	Peanut Butter/Beans	1 Jar/Rag/Can
	WW Bread or Whole Grains	32 Ounce
	Fruit and Vegetables	9 \$\$\$\$
	Whole Milk - All auth	0 Gallon
	Soy Milk	3.25 Gallon
	64-oz Juice	2 Bottle
	Cheese	0 Pound
	Tofu	3 Pound
5/1/2026-5/31/2026	Eggs	1 Dozen
	Breakfast Cereal	36 Ounce
	Peanut Butter/Beans	1 Jar/Rag/Can
	WW Bread or Whole Grains	32 Ounce
	Fruit and Vegetables	9 \$\$\$\$
	Whole Milk - All auth	0 Gallon
	Soy Milk	3.25 Gallon
	64-oz Juice	2 Bottle
	Cheese	0 Pound
	Tofu	3 Pound

Alice Carlson. This participant's certification ends on 9/30/2026.  
Amanda Perez Olivas. This participant's certification ends on 10/31/2026.



Your food benefits become available on the first day of the month at 12:01 am and expire at midnight on the last day of the month.



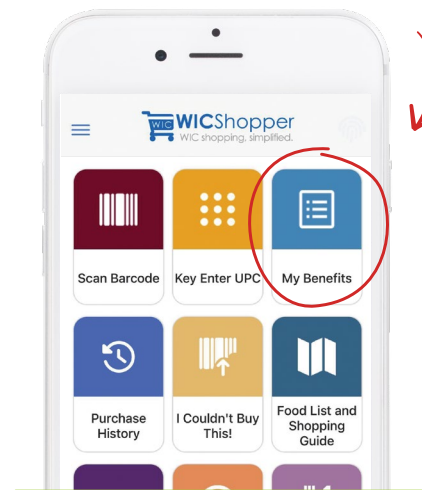
Food benefits that have not been spent **do not** carry over to the next month.

## HOW CAN I CHECK MY MOST UP-TO-DATE FOOD BALANCE?

Look at the bottom of **your last WIC shopping receipt**. It shows your remaining food benefits and expiration date.

OR

Use the "My Benefits" option in the **WICShopper App**.



OR

Check your food balance at [www.ebtedge.com](http://www.ebtedge.com).

OR

Call **1-844-234-4950**.

OR

Ask a cashier to check your food balance.



## At the checkout

- ✓ You do not need to separate your WIC foods from your other groceries, but this will help you know which foods WIC paid for and which foods need another form of payment.
- ✓ Use your eWIC card before all other forms of payment, including your SNAP card.
- ✓ Swipe your eWIC card and enter your PIN when asked.
- ✓ Check that your WIC purchase is correct.
- ✓ Keep your receipt. It shows your remaining food benefit balance, and it can help your WIC office if issues arise.

## Reading your receipt

COLORADO GROCERY STORE  
100 SW COLORADO STREET  
DENVER, CO 80246

STORE ID: WICW006  
TERM ID: WIC006001  
CLERK ID: 999  
DATE & TIME: 4/22/2026 10:10AM  
SEQ NUMBER: 034  
CARD: \*\*\*\*\*00007  
AUTH CODE: 123499

**WIC PURCHASE**

QTY	UNITS	DESCRIPTION	PRICE
18	OZ	Breakfast Cereal	\$4.99
2.50	\$\$	Fruits & Veg	\$2.50
PURCHASE SUBTOTAL			7.49
DISCOUNT APPLIED			0.00
APPROVED PURCHASE TOTAL			7.49
<b>BALANCE DUE - 0.00</b>			
<b>WIC EBT BENEFIT BALANCE</b>			
QTY	UNITS	DESCRIPTION	
1	LB	Cheese	
1	DOZ	Eggs	
24	OZ	Breakfast Cereal	
1	JBC	Peanut Butter/Beans	
32	OZ	WW Bread or Whole Grains	
2.75	GAL	1%/Skim milk - all auth	
2	BTL	64-oz Juice	
3.50	\$\$\$	Fruit and Vegetables	
1	QT	Yogurt - nonfat/lowfat	
BENEFITS EXPIRE AT MIDNIGHT ON 4-30-26			
....CARD HOLDER COPY....			
....PLEASE SAVE THIS RECEIPT....			

- 1 List of foods you just bought.
- 2 WIC purchase subtotal and any discounts that have been applied (coupon, store discount, etc.).
- 3 The WIC foods you have left to buy this month.
- 4 The last day you can buy the rest of your WIC foods for the month.

## Protect your card

### KEEP YOUR PIN SAFE

- ✓ Do not write your PIN on your card or on anything you keep with your card.
- ✓ Share your PIN — and your eWIC card — only with someone you trust to shop for you.
- ✓ If you forgot your PIN, call 1-844-234-4950 or visit [www.ebtedge.com](http://www.ebtedge.com) to change it before your card locks.



### KEEP YOUR CARD SAFE

- ✓ Keep your card; future WIC benefits will be added to your card.
- ✓ Bring your card each time you come to the WIC office.
- ✓ Keep your card away from magnets and electronics such as cell phones.
- ✓ If your card is lost, stolen, or damaged, first change your PIN, and then contact your WIC clinic for a replacement card.

## HANDLING PIN AND CARD ISSUES

### What if my PIN doesn't work?

- Call 1-844-234-4950 or visit [www.ebtedge.com](http://www.ebtedge.com) to change your PIN.
- If you entered the wrong PIN four times in a row your card will be locked until midnight.
- Call your WIC clinic if you have questions.

### What if an item is not ringing up as a WIC food?

- Check the WICShopper App or Food List to make sure the food is allowed, and you have the correct size, brand, or fat content.
- Check your remaining balance to see if you have enough food benefits left.
- If you think the item should be allowed but it's not going through, you can use the *I Couldn't Buy This* feature on the **WICShopper App** to submit the food for review, or contact your **local WIC clinic**.
- If a food rings up and is not WIC allowed, ask to have the item voided or purchase the item with a different form of payment. If you choose to purchase these foods on your own, WIC cannot reimburse you.
- Contact your **local WIC clinic** if you have questions.



## CALL YOUR WIC CLINIC IF:

- You need to make or change your appointment.
- Your eWIC card is lost, stolen, or damaged.
- You have questions about WIC foods or amounts.
- You move or change your address.

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Report concerns of possible WIC Program  
Fraud and Abuse, at **1-800-424-9121** or  
**[usda.oversight.gov](https://usda.oversight.gov)**

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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:

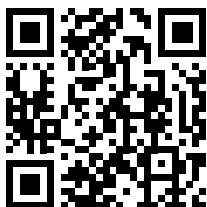
1. Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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**COLORADO**  
Department of Public  
Health & Environment



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- Download the [WICShopper App](#)
- Visit [wichealth.org](https://wichealth.org) for nutrition information and recipes