



NEW MEXICO WIC PROGRAM

WIC FOODS SHOPPING GUIDE 2015



BEFORE YOU START

- Read New Mexico WIC card receipt
- May use manufactured/store coupons
- Use store discount card
- Choose Least Expensive Brands where you shop

*USDA is an equal
opportunity provider
and employer.*



*Questions?
Call 505-476-8800*



For more information: go to www.nmwic.org
 For card questions call,
 1-800-280-1618 which is the Help Desk.



LEGUMES

BEANS, PEAS & LENTILS



- Check New Mexico WIC card receipt to determine can or dry package

- 1 lb. packages of dry beans (any variety), peas and lentils
- Vegetarian refried beans OK
- 14.5 to 16 oz. canned beans*

Choose from:

Bush's – 16 oz.
 Rosarita – 16 oz.
 Old El Paso – 16 oz.
 Store Brand – 14.5 oz.



*Canned beans available by request.



PEANUT BUTTER

SMOOTH OR CRUNCHY



- Old fashioned/natural OK
- No organic
- No added marshmallows, jelly, honey, chocolate or similar ingredients
- No reduced fat

All brands of smooth or crunchy; 16-18 oz. jars.



WHOLE GRAINS

WHOLE WHEAT OR CORN TORTILLAS



• First ingredient must be whole grain or whole wheat

WHOLE WHEAT TORTILLAS – 16 oz.

- Porras Prontito Whole Wheat Tortillas
- La Banderita Whole Wheat Tortillas
- Carlita Whole Wheat Tortillas
- Ortega Whole Wheat Tortillas
- Guerrero Whole Wheat Tortillas
- Best Choice Whole Wheat Tortillas
- La Victoria Whole Wheat Tortillas 8 CT.
- Hejz 8" Whole Wheat Tortillas 8 CT.
- Mission Whole Wheat Tortillas
- Bimbo 100% Whole Wheat Tortillas
- Great Value Whole Wheat Tortillas 10 CT.
- Don Pancho Whole Wheat Tortillas
- Santa Fe Tortilla Whole Wheat Tortillas
- Mi Pueblo Whole Wheat Tortillas
- Tia Rosa Whole Wheat Tortillas
- Sunland Park Whole Wheat Tortillas
- Celias Whole Wheat Tortillas



SAMPLE	- Partial breastfeeding/ pregnant mothers authorized for	16 oz.
	-Children (under age 5) authorized for	+ 32 oz.
		48 oz. or more

Check New Mexico WIC card receipt for authorized amounts.



CORN TORTILLAS – 8 oz.

- La Favorita Corn
- Candys Tortillas Corn 6"
- Bueno Corn Tortilla Yellow
- Bueno Corn Tortilla Org.
- Bueno Corn Tortilla Blue

CORN TORTILLAS – 16 oz.

- Porras Prontito Corn Tortilla
- La Banderita Corn Tortilla White
- La Banderita Corn Tortilla Yellow
- Carlita Corn Tortilla 18 CT.
- Guerrero Corn Tortilla
- Best Choice Corn Tortilla
- Hejz White Corn Tortilla
- Mission Corn Tortilla Yellow
- Don Pancho Corn Tortilla White
- Marcella Valladolid Corn Tortilla
- Santa Fe Corn Tortilla Yellow
- Santa Fe Corn Tortilla White
- Ramirez St Gr Corn Tortilla

CORN TORTILLA – 27.5 - 32 oz.

- Albuquerque Tortilla Co. Corn Tortilla
- Best Buy Corn Tortilla
- Bueno Corn Tortilla
- New Mexico Corn Tortilla White
- New Mexico Corn Tortilla Yellow
- El Charro Corn Tortilla
- La Favorita Corn Tortilla White
- Smith Corn Tortilla
- Guerrero Corn Tortilla
- Mission Corn Tortilla
- Great Value Corn Tortilla 30 CT.
- Santa Fe White Corn Tortilla
- Casa de Lowes Corn Tortilla Yellow 30 CT.
- Casa de Lowes Corn Tortilla White 30 CT.
- Tia Rosa Corn Tortilla

WHOLE GRAINS

WHOLE WHEAT BREAD



- First ingredient must be whole grain or whole wheat

BREAD – 16 oz.

Best Choice
 Bimbo
 Eating Right
 Great Value
 Kroger
 Ms. Bairds
 Nature's Own
 Oroweat
 Ozark Hearth
 Pepperidge Farm
 Roman Meal
 Safeway Kitchens
 Sara Lee
 Shurfresh
 Smith's
 Wonder

BREAD – 20 oz.

Frontier
 Great Value
 Ms. Bairds
 Nature's Own
 Nature's Pride
 Roman Meal
 Safeway Kitchens
 Sara Lee
 Sunbeam
 Wonder

BREAD – 24 oz.

Earth Grains
 Essential Every Day
 Great Value
 Kroger
 Nature's Own
 Nature's Pride
 Oroweat
 Pepperidge Farm
 Sara Lee



WHOLE GRAINS

PASTA



- First ingredient must be whole grain or whole wheat

PASTA – 16 oz.

Clearly Organic
 Ess. Every Day
 Heartland
 Natural Directions
 O Organics
 Racconto
 Simple Truth
 ShurFine



WHOLE GRAINS

OATMEAL



- First ingredient must be whole grain

OATMEAL – 16 oz.

Best Choice
General Mills
McCann's
Mom's Best
Mother's
Shurfine
Silver Palate
Simple Truth



OATMEAL – 18 oz.

Best Choice
Essential Every Day
Great Value
Kroger
Natural Directions
Quaker
Safeway Kitchens
Shurfine
ShurSaving



OATMEAL – 11.8-12 oz. Instant

Best Choice
Essential Every Day
Great Value
Kroger
Mother's
Quaker
Safeway Kitchens
Shurfine



WHOLE GRAINS

BROWN RICE



- First ingredient must be whole grain

BROWN RICE – 16 oz.

Adolphus
Best Choice
Essential Every Day
Gulf Pacific
Kroger
Mahatma
Riceland
Safeway Kitchens
Shurfine
Uncle Ben's

BROWN RICE – 32 oz.

Best Choice
Carolina
Comet
Hinode
Kroger
Lundberg
Mahatma
Natural Directions
Nishiki
River
Safeway Kitchens
Simple Truth
Success
Uncle Ben's



FRUITS & VEGETABLES

FRESH, FROZEN AND CANNED

Choose most varieties of whole or cut:
Purchase with cash value dollar amount listed
on New Mexico WIC card receipt



- Try to use all of the dollar amount listed on the New Mexico WIC card receipt
- No money to be collected by cashier until the WIC transaction is completed and no change to be given by cashier
- Do not go over authorized dollar amount
- Organic is OK
- Mixed 100% vegetables OK
- Bagged salads (without dressing) OK
- Yams, sweet potatoes and potatoes OK
- Canned in juice or water only
- Fresh cut fruit with no sugar or preservative
- No herbs
- No dried fruits or vegetables
- No added cream, sauce, salt, fat or sugar



SAMPLE

- Partial breastfeeding/ pregnant mothers authorized for	\$10.00
-Children (under age 5) authorized for	+ \$8.00
	\$18.00
	or more



*Check New Mexico WIC card
receipt for authorized amounts.*

INFANT PRODUCTS

FORMULA, CEREAL & FOOD

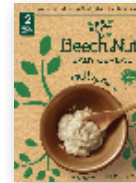
STAGE 1, 2 AND 3 OK.

Cereals

Infants 6-12 months 8 oz. box/container
No fruit added, No DHA/ARA

Choose from these brands:

Beechnut
Gerber



INFANT PRODUCTS

FORMULA, CEREAL & FOOD

STAGE 1, 2 AND 3 OK.



Formula

- Type listed on New Mexico WIC card receipt

Formula - Check receipt for prescribed formula



Baby Food - Fruit & Vegetables

- Gerber
- Beechnut
- Wild Harvest –Organic Albertson's
- O Organics–Organic Safeway

Above listed organics ok
No DHA/ARA

Baby Food - Fruits &
Vegetables Only

Stage 1, 2 and 3 food OK.
Infants 6-12 months 128 oz.

How to purchase 128 oz. of Infant Food

- 2.5 oz. jars (51)
- 2.5 oz. 2 pack (25)
- 4 oz. jars (32)
- 4.25 oz. jars (30)
- 6 oz. jars (21)
- 4 oz. 2 pack (16)(new)



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



EXCLUSIVELY BREASTFEEDING MOTHERS

Exclusively breastfeeding women get all the items detailed in this brochure, plus the canned fish listed below.



- Exclusively breastfeeding women also get \$10 cash value for fresh, frozen or canned fruit and vegetables; 16 oz. whole grains
- Buy tuna or salmon packed in water or oil
- Safety tip - Consume no more than 12 oz. of canned fish per week

How to purchase 30 oz. of canned fish

Salmon

- 3.75 oz. cans (8)
- 6 oz. cans (5)
- 7.5 oz. cans (4)
- 14.75 oz. cans ... (2)

Sardines

- 3.75 oz. cans (8)
- 4.25 oz. cans (7)
- 15 oz. cans (2)

Tuna

- 5 oz. cans (6)
- 6 oz. cans (5)



INFANTS 6-12 MONTHS

Exclusively breastfed infants get the food listed below, plus infant food meats.

How to purchase 256 oz. of infant food fruits and vegetables;

Gerber, Beechnut, Wild Harvest and O Organics only. Stage 1, 2 and 3 food OK

- 2.5 oz. jars (102)
 - 2.5 oz. 2 pack ... (51)
 - 4 oz. jars (64)
 - 4 oz. 2 pack (32)(new)
 - 4.25 oz. jars (60)
 - 6 oz. jars (42)
- No DHA/ARA

How to purchase 77.5 oz. of infant food meats;

- 2.5 oz. jars (31)



CEREAL

12, 18 AND 36 OZ. ONLY



- Choose from only these varieties
- Choose hot and/or cold cereal

12 OZ. (SOME SAMPLES INCLUDE)



12 oz. Cream Of Wheat 2 1/2 Minute

12 oz. Cream Of Wheat Original

12 oz. General Mills Rice Chex

12 oz. General Mills Cheerios

12 oz. General Mills Kix

12 oz. General Mills Honey Kix Wg

12 oz. General Mills Berry Berry Kix

12 oz. General Mills Multi Grain Cheerios

12 oz. General Mills Cheerios

12 oz. General Mills Rice Chex Gf

12 oz. General Mills Corn Chex Gf

12 oz. Kelloggs Corn Flakes

12 oz. Kelloggs Special K

12 oz. Kelloggs Crispix

12 oz. Kelloggs Rice Krispies

12 oz. Kelloggs Rice Krispies Gf

12 oz. Mom Honey & Oat Blenders

12 oz. Mom Crispy Rice

12 oz. Mom Mini Spooners

12 oz. Mom Oat Blndr W/Honey&Alm

12 oz. Cream Of Rice Inst Hot Cereal

12 oz. Post Alpha Bits Cereal

14 oz. Cream Of Rice Instant Hot Cereal

14 oz. General Mills Corn Chex Gf

CEREAL

18 OZ. (SOME SAMPLES INCLUDE)



- 18 oz. General Mills Dora Explorer
- 18 oz. General Mills Cheerios
- 18 oz. General Mills Multi Grain Cheerios
- 18 oz. General Mills Rice Chex Gf
- 18 oz. General Mills Corn Chex
- 18 oz. General Mills Go Diego Go
- 18 oz. General Mills Kix
- 18 oz. Quaker Life Cereal
- 18 oz. Kelloggs Corn Flakes
- 18 oz. Kelloggs Special K
- 18 oz. Kelloggs Rice Krispies
- 18 oz. Kelloggs Mini Wheats Unfrstd
- 18 oz. Kelloggs Frstd Mini Wheats
- 18 oz. Kelloggs All Bran Complete Wf
- 18 oz. Kelloggs Crispix
- 18 oz. Mom Original
- 18 oz. Mom Frosted Mini Spooners
- 18 oz. Mom Crispy Rice
- 18 oz. Mom Honey & Oat Blenders
- 18 oz. Mom Straw Crm Mini Spooners
- 18 oz. Mom Honey & Oat Blenders
- 18 oz. Mom Honey & Oat Blendersw/Alm
- 18 oz. Mom Blueberry Mini Spooners
- 18 oz. Cream Of Wheat Whole Grain
- 18 oz. Post Honey Bun Of Oats Cinn Bu
- 18 oz. Post Honey Bunches Of Oats/Hr
- 18 oz. Post Honey Bunches Of Oats/Alm
- 18 oz. Post Honey Bunches Of Oats Vb
- 18 oz. Post HBO Honey Crunch WG
- 18 oz. Post Grape Nuts Flakes
- 18 oz. Post Shredded Wheat N Bran

CEREAL

36 OZ. (SOME SAMPLES INCLUDE)



- 36 oz. General Mills Cheerios
- 36 oz. General Mills Multi Grain Cheerios
- 36 oz. Kelloggs Corn Flakes
- 36 oz. Kelloggs Frosted Mini Wheats
- 36 oz. Mom Original
- 36 oz. Mom Choc Hot Wheat Cereal
- 36 oz. Mom Honey & Oat Blenders
- 36 oz. Mom Honey & Oat Blenders/Alm
- 36 oz. Mom Straw Crm Mini Spooners
- 36 oz. Mom Frosted Mini Spooners
- 36 oz. Mom Blueberry Crm M. Spooner
- 36 oz. Mom Crispy Rice
- 36 oz. Post Honey Bunches Of Oats Al
- 36 oz. Post Honey Bunches Of Oats Hr



MILK, CHEESE & TOFU

MILK

Buy any brand by the gallon, half gallon or quart for whole or low fat (1%, 1/2%, nonfat and skim). **No organic.**

- Acidophilus and low lactose in half-gallon containers



- Children ages 1-2 get whole milk
- Women and children ages 2-5 get low-fat milk only
- Plastic or Carton OK

1 Gallon = 4 Quarts

1/2 Gallon = 2 Quarts (.50 = 1/2 Gallon)

1 Quart = .25 gallons (.25 = 1 Quarter Gallon)

SOY MILK

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

Choose from:

Pacific Natural Foods Ultra Soy (regular or vanilla)
Eighth Continent (original or vanilla)
Silk Original



TOFU

14 to 16 oz. packages

Choose from:

- Azumaya
- Nasoya
- House



CHEESE

One lb. solid block of cheese

Choose from:

- Cheddar-All types
- Colby
- Colby Jack
- Monterey
- Mozzarella
- Swiss & Muenster



- No cheese spreads
- No processed cheese, American or Velveeta
- No individually wrapped slices
- No shredded
- No low-fat

EGGS

All brands of Grade A or AA large, med or small white or brown.



- Check carton for broken eggs
- No organic, omega 3 or low cholesterol

YOGURT

Children 1-2 years 32 oz. tub

These brands and flavors only:

- Brown Cow Plain
- Brown Cow Vanilla
- Dannon Plain
- Freanna Plain
- Mountain High Plain
- Mountain High Vanilla
- Oikos Plain



Children 2 and up and women 32 oz tub:

These brands and flavors only:

- Brown Cow-Plain NF
- Chobani-Greek Plain, Vanilla and Strawberry
- Dannon-Plain, Vanilla and Strawberry
- Essential Every Day-Plain, vanilla, peach, raspberry, strawberry, strawberry-banana,
- Great Value- Plain, Greek Plain, vanilla, peach, strawberry, strawberry-banana,
- Kroger-Plain, vanilla
- LaLa-Plain, strawberry, peach, mango.
- Lucerne- Plain, Greek Plain, vanilla, peach, strawberry, strawberry-banana,
- Mountain High -Plain, Vanilla
- O Organics-Plain, vanilla
- Oikos-Plain, Vanilla
- Open Nature-Greek Plain, vanilla
- ShurFine-Plain
- Simple Truth-Organic Greek Plain, Greek vanilla
- StonyField-French Vanilla
- Yoplait-Plain, strawberry, vanilla, peach, strawberry-banana



JUICE

100% Vegetable & Fruit

64 oz.

Choose from these brands only:

ALWAYS SAVE: apple.

BEST CHOICE: apple, berry blend, cherry blend, grape, grape blend, punch blend, vegetable, white grape.

BIG TEX: apple, white grape, grape, grapefruit, orange, orange pineapple, orange mango, pineapple mango, pineapple, vegetable, tomato.

ESSENTIAL EVERYDAY: 100% tomato juice, 100% tomato JC LS, 100% vegetable JC, 100% vegetable JCLS, 100% JC cranberry blend, 100% JC cranberry BL, 100% JC cranberry, 100% pomegranate, 100% pomegranate blueberry JC, 100% pomegranate cranberry JC, 100% JC cherry blend, 100% JC grape blend, 100% JC berry blend, 100% JC punch blend, 100% pineapple JC, 100% orange juice, 100% white grapefruit JC, 100% apple juice, 100% apple JC CAL VTC, 100% grape juice, 100% white grape JC.

GREAT VALUE: apple, vegetable, tomato, cranberry blend, cranberry grape blend, white grape, grape, white grape peach blend, apple juice JC NSA.

HARVEST CLASSIC: apple juice JC-GV.

KROGER: orange, orange w/calcium, grape, pineapple, apple, apple cider, grapefruit, white grape, cranberry, white grape peach, vegetable, vegetable low sodium, vegetable spicy.

NESTLE JUICY JUICE: punch, cherry, grape, berry, 100% apple, 100% white grape, orange tangerine, strawberry banana, kiwi strawberry, apple raspberry, apple banana.



SAFEWAY: apple cider, apple, white grape, grape, cranberry, cranberry raspberry, cranberry grape, orange juice, cranberry apple, pineapple-orange, white grapefruit, vegetable low sodium, vegetable.

SHURFINE: orange calcium Vitamin D, orange JC country, orange, orange JC chilled, pineapple, apple, grape, white grape, orange JC w/calcium, grapefruit, apple cider, cranberry blend, cranberry apple, cranberry raspberry, pink grapefruit, grapefruit, vegetable, tomato.

TEXSUN: apple, white grape, grape, ruby red grapefruit, orange, orange pineapple, orange mango, pineapple mango, pineapple, tomato, vegetable.

V-8: vegetable, low sodium.

WELCH'S: 100% grape juice, red 100% grape juice and white grape juice.

OLD ORCHARD: pineapple,

acai pomegranate, kiwi strawberry, cranberry pomegranate, cherry pomegranate, blueberry

pomegranate, wild cherry,

apple cranberry, berry blend, peach mango, apple juice, white grape.



Frozen Juice: 11.5-12 oz Any Brand OK



• Cocktails NOT allowed

E-WIC SHOPPING TIPS



DRY OR CANNED BEANS

- Dry Beans in 1 lb packages only. Lentils, garbanzos, peas, pintos, pink, red, kidney, navy, great northern and black. No dry soup mixes.
- No oil or fat in canned beans. Vegetarian or fat free refried beans ok. Vegetarian baked beans ok.

PEANUT BUTTER

- 16-18 oz ok. No organic, reduced fat or added ingredients.

WHOLE GRAINS

- Whole Wheat Tortillas-Choose 16 oz WIC smart size.
- Corn Tortillas-Choose 8, 16 or 32 WIC smart size.

- Whole Wheat and WG bread-16, 20 or 24 oz ok. First ingredient must be WW flour
- No "Bleached" wheat flour or enriched wheat flour as first ingredient.
- Oatmeal-Choose 16 or 18 oz. 11.8 or 12 oz in plain instant ok.
- Brown Rice-Choose 16 or 32 oz. Minute Brown Rice ok.
- Whole wheat pasta-Choose 16 oz WIC smart size. Any shape.

FRUITS & VEGETABLES

- Weigh loose produce to find out the price of food to see if you have enough cash value benefit to buy:
- Example: 3 oranges @ 3.44, 2 peaches @3.55 and 1 bag of salad mix @ 2.99= \$9.98.
- Canned vegetables must not contain corn syrup. No added fats or oils. Any size ok.
- Canned Vegetables such as "No added salt" types ok.
- Organic fruit and vegetables ok.
- No pickles, olives or sauerkraut.
- Canned fruit in juice or water. No syrup.
- Frozen fruit-No added sugar.
- Frozen vegetables- No added fat, cheese, sauce, rice, pasta.

BABY FOODS

- Stages 1-3 ok.
- Multi packs, such as 2- 4 oz. ok
- No DHA/ARA
- No jarred oatmeal. Dry Cereals only Beechnut or Gerber 8 oz.
- O Organics, Wild Harvest and Gerber (Fall 15) organic baby food ok.
- No added rice or pasta
- No mixed dinner.
- No Meat-vegetable mixes.

FISH

- Water or oil packed, tuna, salmon or sardines ok.
- Sardines may have sauce, as sardines in tomato sauce

CEREAL

- Buy 12, 18 and 36 oz sizes.
- Whole grain and Gluten Free ok
- Major brands, General Mills, Kelloggs, Post, Mom Brands, Quaker and Cream of Wheat

MILK, CHEESE, TOFU AND YOGURT

- Choose Store brands of milk in gallon, half gallon or quarts.
- No Organic Milk.
- Buy only Soy Milks listed.

- Choose store brand of 1 lb blocks of cheese.
- Yogurt in 32 oz containers only. Children 1-2 get whole milk types, Plain or Vanilla.
- Children 2 and up and women get low fat types, Plain, vanilla, strawberry and other flavors.
- Tofu-No flavored or prepared tofu products. 14-16 oz. Look for 10% RDA for calcium.

EGGS

- No organic. No omega 3 eggs.
- No Extra Large or Jumbo sizes
- Brown or white ok, small med or large, grade A or AA.

JUICES

- Juice must be 100% juice
- No cocktails or juice beverages as in Cranberry cocktail or V-8 Splash.
- Must have 100-120% Vitamin C per 4 oz.
- Blended juices ok
- Choose Store Brands, Juicy Juice, Old Orchard or Welch's.

NM WIC Program authorized food lists are found at: <http://archive.nmwic.org/grocers/>
For Nutrition information: ChooseMyPlate.gov



NEW MEXICO
WIC PROGRAM



NEW MEXICO
DEPARTMENT OF
HEALTH

