

## Fruits and Vegetables

### Not allowed:

- catsup or other condiments
- dried fruit including fruit leathers or fruit rolls ups, prunes, raisins, etc.
- dried vegetables including potatoes, onions, etc.
- edible blossoms or flowers
- herbs or spices
- pickled vegetables including sauerkraut, pickled beets, olives, etc.

## Fruits

### Fresh Fruit

#### Not allowed:

- baked goods with added fruit (e.g., blueberry muffins)
- decorative or ornamental fruits (e.g., gourds, painted pumpkins)
- fruit baskets
- fruit trays or party trays
- fruit with added nuts
- fruit with sauces or dips
- items from salad bar

### Fruit in Cans, Jars or Plastic Containers

#### Not allowed:

- fruit in gelatin
- fruit in heavy, light or extra light syrup
- fruit with added sugar or added nuts
- fruit with sauces or dips
- pie filling
- sorbets, fruit chillers or parfaits

### Frozen Fruit

#### Not allowed:

- baked goods with added fruit (e.g., frozen pies)
- fruit bars
- fruit with added sugar
- sorbets

## Vegetables

### Fresh Vegetables

#### Not allowed:

- decorative or ornamental vegetables (e.g., garlic or chili peppers on string)
- items from salad bar
- vegetable trays or party trays
- vegetables with sauces or dips
- white or yellow potatoes

### Canned/Jarred Vegetables

#### Not allowed:

- creamed vegetables
- mixed vegetables with potatoes
- salsa
- soups
- spaghetti or pizza sauce
- vegetables with added fats and/or oils
- vegetables with sauces or dips
- white or yellow potatoes

### Frozen Vegetables

#### Not allowed:

- breaded vegetables
- vegetables with added sauces, seasonings, fats, oils, nuts, rice, pasta, potatoes or other grains
- white or yellow potatoes

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Ohio Department of Health



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# Ohio WIC Unallowed Food Items

Items listed in this brochure  
**CANNOT**  
be purchased with  
WIC Coupons  
or  
Fruit & Vegetable Vouchers\*

Effective October 1, 2009  
through September 30, 2011

\*Unless otherwise noted

## Beans or Peas

### Dried beans or peas

#### Not allowed:

- beans or peas with added seasonings

### Canned beans

#### Not allowed:

- baked beans
- beans with added seasonings, sauces, fats or meats
- jarred beans
- green beans, wax beans, sweet young or green peas (these beans can be purchased only with the Fruit and Vegetable Vouchers)

## Cheese

#### Not allowed:

- 8 oz. packages
- cheese spread
- cheese food or cheese product
- cream cheese
- cracker-cut cheese
- crumble cheese
- cube cheese
- deli cheese
- farmers' or butter cheese
- individually wrapped cheese slices
- low-sodium cheese
- shredded cheese
- string cheese

## Eggs

#### Not allowed:

- brown eggs
- cage-free or free-range chicken eggs
- egg substitutes
- eggs fortified or enhanced with omega-3
- hard boiled eggs
- low-cholesterol eggs
- pasteurized eggs
- pickled eggs

## Fish

#### Not allowed:

- red salmon
- salmon in pouches
- tuna in pouches

## Juice

#### Not allowed:

- fruit drinks
- refrigerated cartons
- sweetened juices, cocktails or powders

## Milk

#### Not allowed:

- fat-free plus milk
- flavored milk
- super skim milk

## Peanut Butter

#### Not allowed:

- added jelly, marshmallow, honey or other foods
- fortified or enhanced varieties
- whipped peanut butter

## Whole Grains

#### Not allowed:

- individual serving sizes (e.g., rice, pasta)
- items with added nuts, fruits, spices or icings
- white or wild rice

## Infant Foods

### Dry Infant Cereal - Gerber Brand Only

#### Not allowed:

- added DHA/ARA
- added fruit
- jarred cereal
- variety packs

### Baby Foods - Beech-Nut, Gerber and Nature's Goodness Only

#### Fruits and Vegetables

#### Not allowed:

- added DHA/ARA
- added sugars, starches (e.g., cereal), salt or meat
- baby food desserts (e.g., peach cobbler, tutti frutti)

#### Meats

#### Not allowed:

- added DHA/ARA
- added sugars or salt
- dinners (e.g., spaghetti and meatballs)
- infant food combinations (e.g., chicken and green beans)