



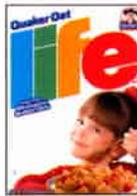
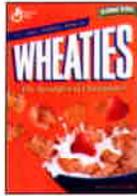
Rhode Island
WIC Approved Food Guide

August 2001

MAKE HEARTH PART OF YOUR FAMILY
RHODE ISLAND DEPARTMENT OF HEALTH

Cereals

(12 oz Box or Larger)



Cereal		Cereal		
18 oz	+	18 oz	=	36 oz

Cereal		Cereal		
20 oz	+	16 oz	=	36 oz

Cereal		Cereal		
24 oz	+	12 oz	=	36 oz

Cereal		Cereal		Cereal		
12 oz	+	12 oz	+	12 oz	=	36 oz

Juices

All Juices Must be 100% Juice

Juicy Juice - All Flavors



46 oz Fluid Can



11.5 oz Liquid Concentrate

Grape Juice - Frozen Concentrate



Welch's, 11.5 oz
Yellow Stripe Only



Welch's White Grape, 11.5 oz
Yellow Stripe Only

Apple Juice - Frozen Concentrate



Seneca, 12 oz
Red Can Only



Shaw's, 12 oz



IGA, 12 oz



Stop & Shop, 12 oz

100% Orange or Grapefruit Juice Any Brand

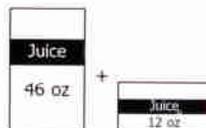
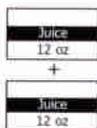
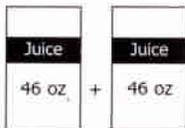


46 oz Fluid Can
12 oz Frozen Concentrate

100% Pineapple Juice Any Brand Vitamin C Fortified



46 oz Fluid Can
12 oz Frozen Concentrate



Milk

Whole, Low Fat or Nonfat



Store Brand or
Least Expensive Brand

Cheese



American, Cheddar, Colby, Monterey Jack,
Mozzarella, Muenster or Provolone

Any Brand
One Package Only, Up to 16 oz
Sliced, Shredded or Block. No Individually Wrapped Slices.
Domestic Cheese Only. No Imported Cheese.

Eggs



Least Expensive Brand
Grade A Large
Brown or White

Peanut Butter



Any Brand
Smooth or Chunky
No Added Honey or Jelly
18 oz Jar

Dried Beans, Peas or Lentils



Any Brand
1 lb bag
No Flavorings

Tuna



Least Expensive Brand
Chunk Light Tuna
6 to 6 1/2 oz Can Only

Carrots



Any Brand
1 lb Bag Fresh Carrots or
14 to 16 oz Canned Sliced Carrots

Infant Cereal



Any Brand
Rice, Oatmeal, Mixed, or Barley
8 oz or 16 oz Box Only
No Added Formula or Fruit

Infant Formula



Concentrate or Powder Infant Formula
As Listed on WIC Check

For more information, call the
Family Health Information Line at 1-800-942-7434

This institution is an equal opportunity provider.