

# WIC Approved Foods

V C E C P S A V N P K L R F Y Z M R V I O Z H S  
N X O D Y V K C I C F D A E R B E U X S P Y X I  
C B E F E C N M A W D W R O Y B I M A O O V I W  
P I S P G N A D R V V Y S I R N D O T F Q T U R  
C S U S L N X D G L N S B E J H E V H X Z G R E  
C E R P Q N M V E B U U G R N B F M R T X G G T  
X L V P A K R K L T D M B T O R T J F H F H U T  
H B L W Y D Y N O L K D D S S W D J P C M K I U  
O A A C H A S U H G E V Q J H Z N U G I O H J B  
T T E Y A G R W W Z N J Q P Z J I R F R X I A T  
C E R Z Y N J W P W L S G G E Q E J I U M B R U  
E G E O H W N K W L S A L L I T R O T C Y D F N  
R E C H H R T E D F I Z I V T T U O F F E D S A  
E V D B W B S U D F R U I T S A P I O U D X W E  
A U L O S U K S N F U I T W M L C O C G T O A P  
L U O E S G B L L H I H R D P G D Q T T U I D T  
W L C K B R T V I B C S L Q K V N Z F I T S R T  
E I G E K E R J M R O E H F E P U Y O O B L Y S  
S C Z H X O D A A X R S E J O H J X X I W C B J  
Z P I C A D Z T F W W O K B Y R M I L K S I E E  
H W D U S Y C O N J L Q P O I Z M Y F E Q H A S  
T F C J J U Q D E Q F X C U K C M U X R P Q N W  
E J Z W V K E X H O M L C H E E S E L M L B S O  
G A V O K K T G K K D R L N T Q P V R A O V Z O

peanut butter  
vegetables  
dry beans  
formula  
bread

whole grain  
brown rice  
tortillas  
Gerber  
juice

canned fish  
hot cereal  
beechnut  
fruits  
eggs

cold cereal  
baby food  
enfamil  
cheese  
milk