

# State of Connecticut WIC Program New WIC Food Packages-Update as of June 2009

***IMPLEMENTATION DATE CHANGED TO OCTOBER 1, 2009!***

## Announcing Beechnut Baby Foods!

The Connecticut WIC Program is part of a contract in New England that will provide infant foods from only one company. Beginning on October 1, 2009, WIC checks will start to be given for only 4 oz. jars of Beechnut Baby Food Fruits & Vegetables, 2.5 oz jars of Beechnut Baby Food Meats and 8 oz. cartons of Beechnut Infant Cereal. Refer to the attached list for minimum inventory requirements. Continue to provide Gerber Infant Cereal if it is printed on the check.



## The Cash Value Check (CVC) for Fruits and Vegetables?

- ✚ WIC checks for fruits and vegetables have a maximum value of \$4.00, \$5.00, or \$6.00.
- ✚ These checks may be used together for one purchase or used separately at different times during the month. These are the only WIC checks that can be used together for one purchase. (\$5 WIC CVC + \$5 WIC CVC for a total purchase of \$10.00)
- ✚ If the total sale is more than the CVC amount, participants can pay extra money (\$8 WIC CVC + \$3.50 in EBT, cash, credit or debit card for a total purchase of \$11.50)



CONNECTICUT DEPARTMENT OF PUBLIC HEALTH: SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC PROGRAM) 410 Capitol Avenue, Hartford, CT 06103 1-800-741-2142				94-1900 J911	35432327
SEQUENCE NO.	PARTY NO.	WIC ID	PARTY NAME	SITE	FIRST DAY TO USE
35432327	123456	012-0123456	WIC, PARTICIPANT	012	10/01/09
PAY TO THE ORDER OF: AUTHORIZED WIC VENDOR STAMPED HERE:		PACKAGE:	CSTFV 1	LAST DAY TO USE	
		1 UP TO \$6 WIC-APPROVED FRUITS & VEGETABLES (NO POTATOES, EXCEPT SWEET POTATOES/YAMS)			11/01/09
		*** **			ACTUAL \$
		*** **			AMOUNT OF SALE
		*** **			
		*** **			
NOT VALID UNLESS STAMPED BY AUTHORIZED WIC VENDOR		APPROVED USE OF THE CHECK IS SUBJECT TO STATE AND FEDERAL PROSECUTION		NOT NEGOTIABLE UNLESS SIGNED	
VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE DATE		SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY		DATE	
SOUTHERN NATIONAL BANK Marietta, GA					
⑈ 35432327 78		⑆06⑆⑆⑆19684⑆		2500254⑈	

***If you don't already carry fresh fruit and vegetables, now is the time to find a supplier or distributor!***

## All Breads Are NOT Created Equal!

- ✚ Most loaves of bread are 22-24 oz, but the WIC Program can only give 1lb. (16 oz) loaves of whole wheat or whole grain bread. Refer to the list of "New CT WIC approved products as of October 1, 2009" for brands that are allowed.
- ✚ Does your bread distributor carry the WIC approved items? If not, refer to the handout and start calling other bread companies to establish a relationship. You must stock the WIC approved breads by late September.

## Enclosures:

Important Dates - What you need to do in the next 4 months. See page 2

Policy for Fruit and Vegetable Checks – Rules for using the new cash value check. See page 3

Bread Companies - Contact information to inquire about starting a delivery. See page 4

List of WIC approved foods – Updated final list of all foods for October 1, 2009. See page 5

Minimum Inventory – Required list of all foods, sizes and quantities of what your store must carry. See page 6

**For questions or comments please contact:  
The State WIC Program at [ctwic@ct.gov](mailto:ctwic@ct.gov), (860) 509-8084, or 1-800-741-2142**

Please circulate:

\_\_\_\_\_ Owner    \_\_\_\_\_ Manager    \_\_\_\_\_ Assistant Manager    \_\_\_\_\_ Night Manager    \_\_\_\_\_ Head Cashier

# State of Connecticut WIC Program

## New WIC Food Packages-Update as of June 2009

### Important Dates:



#### ✚ June

- Consider vacation schedules and plan for additional staff to attend training in August.

#### ✚ July

- Watch the mail for your new pages of the WIC Vendor Agreement.
- Complete a new price stock survey sent by the WIC Office for the new items.
- Prepare your questions for training.

#### ✚ August

- Watch the mail for a training letter with your assigned training date, time and location.
- Attend training during the last 2 weeks of August at a location near your store.
- Expect new food lists and other materials at the training.
- Ask your customers which fruits and vegetables they would like your store to carry.
- Make sure that your distributor carries the new products. If they don't, find a distributor who carries the required inventory items.

#### ✚ September

- Train all managers, clerks and helpers using the training CD provided by the State WIC Program.
- Stock your store with all of the minimum inventory items.
- Organize the store to display your fresh fruit and vegetables.
- Organize your store shelves for baby food jars and the new cartons of baby cereal.
- Organize your bread section so the healthier breads are easy for customers to find.
- Order more lower fat milk than you do now in gallons and half gallons.
- Order less whole milk.

#### ✚ OCTOBER - \*IMPLEMENTATION\*

- Help families use their WIC checks for the new WIC foods.
- Accept both old and new WIC checks (green and red checks).
- Start to reduce your inventory of 46 oz. canned juice by 1/3.
- Start to reduce your inventory of Gerber infant cereal by 1/3.
- Work with the WIC Program to provide healthier food for participants.
- Call the State WIC Office if you have questions or need help redeeming the new checks.

#### ✚ November-December

- Accept both old and new WIC checks (green and red checks).
- Reduce your inventory of 46 oz. canned juice by 2/3.
- Reduce your inventory of Gerber infant cereal by 2/3.

#### ✚ January

- Accept only the new, red WIC checks.

**For questions, please contact The Connecticut WIC Program at:  
[ctwic@ct.gov](mailto:ctwic@ct.gov), (860) 509-8084, or 1-800-741-2142**

Please note that this is an interim final rule and comments may be sent to USDA. An interim final rule allows FNS (USDA) to obtain feedback on the major changes while allowing WIC Programs to implement the new food packages. Please prepare any written comments on the interim rule and submit to USDA by February 1, 2010. To submit comments, go to [www.regulations.gov](http://www.regulations.gov) and follow the instructions.

# State of Connecticut WIC Program New WIC Food Packages-Update as of June 2009

## CT Policy for Handling Fruit and Vegetable WIC Checks

The Connecticut WIC program will start issuing WIC checks for Fruits and Vegetables to children and women participants on October 1, 2009. All fruits and all vegetables will be allowed except, white potatoes or items containing pieces of potato. Fresh is encouraged, but frozen and canned will also be allowed. The following information is to help you understand how these new checks will be handled.

### MINIMUM INVENTORY REQUIREMENTS

Fruits	Pounds, pieces 14-16 oz. cans bags, boxes	\$25 worth (at retail prices) and at least 2 varieties total. 1 variety must be fresh 1 variety can be canned or frozen.
Vegetables	Pounds, pieces 14-16 oz. cans bags, boxes	\$25 worth (at retail prices) and at least 2 varieties total. 1 variety must be fresh 1 variety can be canned or frozen.



### How to use the new WIC checks for fruits and vegetables

- A WIC check for fruits and vegetables looks like a regular WIC check. Participants will redeem it in the same way.
- Just like other WIC checks, the "First Day to Use" and "Last Day to Use" dates are printed on the WIC check for fruits and vegetables. WIC checks must be redeemed during this period of time.
- Participants are allowed to buy any combination of allowable fresh, frozen or canned fruits and/or vegetables.
- Participants must shop with the "State of Connecticut-Department of Public Health WIC Program October 2009, Participant Booklet. This will be both the food list and their ID folder.
- Fresh produce can be sold by weight, by the piece or package. You may need to buy an electronic scale, so participants can weigh fruits and vegetables before checking out. They will want to know if the total price will come close to the maximum dollar value of the WIC check.
- Regular WIC checks state exact products and how many containers the participant is allowed to buy. Fruit and vegetable WIC checks do not; they have a dollar amount. Participants can buy any amount of allowed fruits and vegetables and WIC will pay for up to the value printed on the check. The "Not to Exceed" amount of WIC checks for fruits and vegetables is the printed value of the check.
- If the total cost of the purchase will be above the value of the check, a participant can choose to:
  1. put an item back and not pay any additional money. The new exact amount of purchase (below the value of the check) will be entered on the check. OR
  2. not put an item (or items) back and pay the difference. Connecticut WIC participants may use cash, credit, EBT or other forms of payment that your store allows to pay the difference.
- If the total cost of the purchase will be below the value of the check, a participant can choose to:
  1. enter the total purchase price which will be lower than the value of the check. Participants do **not** have to spend the entire value of the check; any amount may be spent up to the dollar amount printed on the check. Participants are **not** allowed to receive change if less than the value of the check for fruits and vegetables is purchased. OR
  2. select more of an item and if it goes a little over, pay the difference.

New WIC Food Packages-Update as of June 2009



# WIC-APPROVED BREADS

Brand name	Product Name (one lb. - 16 ounce loaf)	Contact Information
<b>Arnold</b>	<b>100% Stone Ground Whole Wheat</b>	<b>(800) 984 - 0989</b>
<b>Weight Watchers</b>	<b>Whole Wheat</b>	<b>(800) 984 - 0989</b>
<b>Weight Watchers</b>	<b>Multi Grain</b>	<b>(800) 984 - 0989</b>
<b>Gold Medal Bakery</b>	<b>100% Wheat with Flax</b>	<b>(508) 922-7390 or (860) 478-3833</b>
<b>Pepperidge Farm</b>	<b>Stone Ground 100% Whole Wheat</b>	<b>(800) 624 - 2240 X5035</b>
<b>Pepperidge Farm</b>	<b>Very Thin Sliced Soft 100% Whole Wheat</b>	<b>(800) 624 - 2240 X5035</b>
<b>Pepperidge Farm</b>	<b>Whole Grain Seeded Rye</b>	<b>(800) 624 - 2240 X5035</b>
<b>Shaw's</b>	<b>No-Salt Added 100% Whole Wheat</b>	<b>Shaw's stores only</b>
<b>ShopRite</b>	<b>100% Whole Wheat</b>	<b>ShopRite stores only</b>
<b>Stop &amp; Shop</b>	<b>No-Salt Added 100% Whole Wheat</b>	<b>Stop &amp; Shop stores only</b>
<b>Wonder</b>	<b>Soft 100% Whole Wheat</b>	<b>(800) 483 - 7253</b>

Minimum Inventory Requirement: 6 loaves of Whole Wheat or Whole Grain Bread

**State of Connecticut WIC Program**  
**New WIC Food Packages-Update as of June 2009**

**FINAL LIST OF CT WIC APPROVED PRODUCTS - STARTING OCTOBER 1, 2009**

<b>Food Category</b>	<b>Manufacturer</b>	<b>Product Name</b>	<b>Size</b>
<b><u>Infant Fruits - Beechnut 4 oz jars only, single fruit only</u></b>			
Baby Food Fruit	Beech-Nut	Stage 2 Applesauce - NEW	4 oz jar
Baby Food Fruit	Beech-Nut	Stage 2 Chiquita® Bananas - NEW	4 oz jar
Baby Food Fruit	Beech-Nut	Stage 2 Pears - NEW	4 oz jar
<b><u>Infant Vegetables - Beechnut 4 oz jars only, single vegetable only</u></b>			
Baby Food Veg.	Beech-Nut	Stage 2 Butternut Squash - NEW	4 oz jar
Baby Food Veg.	Beech-Nut	Stage 2 Tender Golden Sweet Potatoes - NEW	4 oz jar
Baby Food Veg.	Beech-Nut	Stage 2 Tender Sweet Carrots - NEW	4 oz jar
Baby Food Veg.	Beech-Nut	Stage 2 Tender Sweet Peas - NEW	4 oz jar
Baby Food Veg.	Beech-Nut	Stage 2 Tender Young Green Beans - NEW	4 oz jar
<b><u>Infant Meats - Beechnut 2.5 oz jars only, single meat only</u></b>			
Baby Food Meat	Beech-Nut	Stage 1 Beef & Beef Broth - NEW	2.5 oz jar
Baby Food Meat	Beech-Nut	Stage 1 Chicken & Chicken Broth - NEW	2.5 oz jar
Baby Food Meat	Beech-Nut	Stage 1 Turkey & Turkey Broth - NEW	2.5 oz jar
<b><u>Infant Cereal - Beechnut only - 8 oz cartons</u></b>			
Infant Cereal	Beechnut	Barley Infant Cereal - NEW	8 oz. carton
Infant Cereal	Beechnut	Mixed Infant Cereal - NEW	8 oz. carton
Infant Cereal	Beechnut	Oatmeal Infant Cereal - NEW	8 oz. carton
Infant Cereal	Beechnut	Rice Infant Cereal - NEW	8 oz. carton
<b><u>Bread and Whole Grain Options-1 pound (lb.) or 16 oz loaf</u></b>			
Bread-Whole Wheat	Arnold	100% Stoneground Whole Wheat - NEW	16 oz./1 lb loaf
Bread-Whole Wheat	Gold Medal	100% Wheat with Flax - NEW	16 oz./1 lb loaf
Bread-Whole Wheat	Pepperidge Farm	Stoneground 100% Whole Wheat - NEW	16 oz./1 lb loaf
Bread-Whole Wheat	Pepperidge Farm	Very Thin Sliced Soft 100% Whole Wheat - NEW	16 oz./1 lb loaf
Bread-Whole Wheat	Shaw's	No-Salt Added 100% Whole Wheat - NEW	16 oz./1 lb loaf
Bread-Whole Wheat	ShopRite	100% Whole Wheat - NEW	16 oz./1 lb loaf
Bread-Whole Wheat	Stop & Shop	No-Salt Added 100% Whole Wheat - NEW	16 oz./1 lb loaf
Bread-Whole Wheat	Weight Watchers	Whole Wheat Bread - NEW	16 oz./1 lb loaf
Bread-Whole Wheat	Wonder	Soft 100% Whole Wheat - NEW	16 oz./1 lb loaf
Bread-Whole Grain	Pepperidge Farm	Whole Grain Seeded Rye - NEW	16 oz./1 lb loaf
Bread-Whole Grain	Weight Watchers	Multi Grain Bread - NEW	16 oz./1 lb loaf
<b><u>Brown Rice - Dry 1 pound (lb.)/14-16 oz bag/box</u></b>			
Brown Rice	America's Choice	Long Grain Brown Rice - NEW	14-16 oz bag/box
Brown Rice	Best Yet	Long Grain Brown Rice - NEW	14-16 oz bag/box
Brown Rice	Save-A-Lot	Brown Rice - NEW	14-16 oz bag/box

Brown Rice	Stop & Shop	Boil-in-bag Brown Rice - NEW	14-16 oz bag/box
Brown Rice	Stop & Shop	Instant Brown Rice - NEW	14-16 oz bag/box
Brown Rice	Uncle Ben's	Natural Whole Grain Brown Rice - NEW	14-16 oz bag/box
<b><u>Tortillas - 1 pound (lb.)/16 oz. bag</u></b>			
Tortilla	Big Y	100% Whole Wheat Tortillas - NEW	1 lb package
Tortilla	Chi Chi's	Whole Wheat Tortillas - NEW	1 lb package
Tortilla	Don Pancho	White Corn Tortillas - NEW	1 lb package
Tortilla	Don Pancho	Whole Wheat Tortillas - NEW	1 lb package
Tortilla	LaFe	Whole Wheat Tortillas - NEW	1 lb package
<b><u>Canned Fish</u></b>			
Canned Fish	Least expensive	Sardines in Water - NEW	3.75 oz can
Canned Fish	Least expensive	Tuna (chunk light in water)	5 oz.
Canned Fish	Least expensive	Salmon in Water - NEW	6 oz. can
Canned Fish	Least expensive	Salmon in Water - NEW	7.5 oz can
<b><u>Cold Cereal-Bags or Boxes, 14 oz or larger - Least Expensive Brand</u></b>			
Cereal, Cold	Kelloggs	All Bran Complete Wheat Flakes	17.3 oz.
Cereal, Cold	Best Yet	Bran Flakes - NEW	17.3 oz.
Cereal, Cold	Big Y	Bran Flakes - NEW	17.3 oz.
Cereal, Cold	IGA	Bran Flakes - NEW	17.3 oz.
Cereal, Cold	Shaw's	Bran Flakes - NEW	17.3 oz.
Cereal, Cold	ShopRite	Bran Flakes - NEW	17.3 oz.
Cereal, Cold	Stop & Shop	Bran Flakes - NEW	17.3 oz.
Cereal, Cold	Post	Bran Flakes	16 oz.
Cereal, Cold	Best Yet	Corn Biscuits - NEW	18 oz box
Cereal, Cold	IGA Square Shaped	Corn Biscuits - NEW	16 oz box
Cereal, Cold	ShopRite	Corn Biscuits - NEW	16 oz box
Cereal, Cold	Shaw's Crunchy	Corn Squares - NEW	16 oz box
Cereal, Cold	Stop & Shop	Corn Squares - NEW	14 oz. box
Cereal, Cold	General Mills	Corn Chex	14 oz. box
Cereal, Cold	America's Choice	Corn Flakes - NEW	18 oz box
Cereal, Cold	Best Yet	Corn Flakes - NEW	18 oz box
Cereal, Cold	Big Y	Corn Flakes - NEW	18 oz box
Cereal, Cold	Great Value	Corn Flakes - NEW	18 oz box
Cereal, Cold	IGA	Corn Flakes - NEW	18 oz box
Cereal, Cold	Krasdale	Corn Flakes - NEW	18 oz box
Cereal, Cold	Price Chopper	Corn Flakes - NEW	18 oz box
Cereal, Cold	Shaw's	Corn Flakes - NEW	18 oz box
Cereal, Cold	ShopRite	Corn Flakes - NEW	18 oz box
Cereal, Cold	Stop & Shop	Corn Flakes - NEW	18 oz box
Cereal, Cold	Kelloggs	Corn Flakes	18 oz.
Cereal, Cold	Kelloggs	Corn Flakes	24 oz.
Cereal, Cold	Great Value	Crisp Rice - NEW	18 oz box
Cereal, Cold	IGA Square Shaped	Crispy Rice Biscuits - NEW	15.6 oz
Cereal, Cold	Malt-O-Meal	Crispy Rice - NEW	18 oz bag

Cereal, Cold	Malt-O-Meal	Frosted Mini Spooners - NEW	18 oz bag
Cereal, Cold	Best Yet	Frosted Shredded Wheat - NEW	19 oz box
Cereal, Cold	IGA	Frosted Shredded Wheat - NEW	19 oz box
Cereal, Cold	Price Chopper	Frosted Shredded Wheat - NEW	18 oz box
Cereal, Cold	ShopRite	Frosted Shredded Wheat - NEW	18 oz box
Cereal, Cold	Stop & Shop	Frosted Shredded Wheat - NEW	18 oz box
Cereal, Cold	Big Y	Frosted Shredded Wheat - NEW	19 oz box
Cereal, Cold	Shaw's	Frosted Shredded Wheat - NEW	18 oz box
Cereal, Cold	Kelloggs	Frosted Mini-wheats - Big Bite	16 oz.
Cereal, Cold	Kelloggs	Frosted Mini-wheats - Big Bite	20.4 oz.
Cereal, Cold	Kelloggs	Frosted Mini-wheats - Bite Size	18 oz.
Cereal, Cold	Kelloggs	Frosted Mini-wheats - Bite Size	24.0 oz.
Cereal, Cold	Kellogg's	Unfrosted Mini Wheats - NEW	18 oz box
Cereal, Cold	Post	Grape Nut Flakes	14 oz.
Cereal, Cold	Post	Grape-Nuts Flakes	18 oz box
Cereal, Cold	Malt-O-Meal	Honey & Oat Blenders - NEW	18 oz bag
Cereal, Cold	Stop & Shop	Honey Crunchin' Oats with Honey - NEW	16 oz. box
Cereal, Cold	Best Yet	Honey, Oats & Flakes - NEW	16 oz. box
Cereal, Cold	Shaw's	Honey, Oats & Flakes - NEW	16 oz. box
Cereal, Cold	General Mills	Kix, Plain	18 oz. box
Cereal, Cold	Quaker	Oat Bran	15.5 oz. box
Cereal, Cold	Quaker	Quaker Oat Life	15 oz. box
Cereal, Cold	Quaker	Quaker Oat Life	21 oz. box
Cereal, Cold	Kelloggs	Special K	18 oz. box
Cereal, Cold	Best Yet	Toasted Oats (plain) - NEW	15 oz. box
Cereal, Cold	Big Y	Toasted Oats (plain) - NEW	15 oz. box
Cereal, Cold	IGA	Toasted Oats (plain) - NEW	15 oz. box
Cereal, Cold	Krasdale	Toasted Oats (plain) - NEW	14 oz. box
Cereal, Cold	Price Chopper	Toasted Oats (plain) - NEW	15 oz. box
Cereal, Cold	Shaw's	Toasted Oats (plain) - NEW	15 oz. box
Cereal, Cold	ShopRite	Toasted Oats (plain) - NEW	15 oz. box
Cereal, Cold	Stop & Shop Oats & O's	Toasted Whole Grain Oat Cereal ( Plain) - NEW	15 oz. box
Cereal, Cold	General Mills Cheerios	Toasted Whole Grain Oat Cereal ( Plain)	14 oz. box
Cereal, Cold	General Mills Cheerios	Toasted Whole Grain Oat Cereal ( Plain)	18 oz. box
Cereal, Cold	General Mills	Total Whole Grain	16 oz. box

**Hot Cereal - 14 oz Boxes or larger - Least Expensive Brand**

Cereal, Hot	B & G	Cream Of Wheat, 1 Min	14 oz.
Cereal, Hot	B & G	Cream Of Wheat, 1 Min	28 oz.
Cereal, Hot	B & G	Cream Of Wheat, 10 Min	14 oz.
Cereal, Hot	B & G	Cream Of Wheat, 10 Min	28 oz.
Cereal, Hot	B & G	Cream Of Wheat, 2 1/2 Min	14 oz.
Cereal, Hot	B & G	Cream Of Wheat, 2 1/2 Min	28 oz.
Cereal, Hot	B & G	Whole Grain Cream of Wheat - NEW	18 oz.
Cereal, Hot	Amer. Home Foods (AH)	Maltex	20 oz.

Cereal, Hot	AHF	Maypo Vt Style Oatmeal	19 oz.
Cereal, Hot	Malt-O-Meal	Original Hot Wheat Cereal - NEW	18 oz.
<b><u>Cheese - 1 pound (lb.) or 16 oz packages</u></b>			
Cheese	Least expensive	American	1 pound deli
Cheese	Least expensive	American	16 oz. prepkgd.
Cheese	Least expensive	Cheddar	16 oz. prepkgd.
Cheese	Least expensive	Colby	16 oz. prepkgd.
Cheese	Least expensive	Monterey Jack	16 oz. prepkgd.
Cheese	Least expensive	Mozzarella	16 oz. prepkgd.
Cheese	Calabro	Mozzarella, Fat Free	16 oz. prepkgd.
Cheese	Polly-O	Mozzarella, Fat Free	16 oz. prepkgd.
Cheese	Least expensive	Muenster	16 oz. prepkgd.
Cheese	Least expensive	Swiss	16 oz. prepkgd.
<b><u>Eggs - Brown or White, 1 Dozen Cartons</u></b>			
Eggs	Least expensive	Large Brown Eggs - NEW	1 Dozen
Eggs	Least expensive	Large White Eggs	1 Dozen
<b><u>Fruits and Vegetables</u></b>			
<b><u>All types, except potatoes or items with potato (yams and sweet potatoes are allowed)</u></b>			
<b><u>Organic, Low Sodium or No Salt are allowed</u></b>			
<b><u>Fruits- No syrup, sugar, salt, fat or oils added, Vegetables- No sugar, fats, oils</u></b>			
Fruit & Vegetables	All Brands	Fresh Fruits & Vegetables - NEW	all sizes/packages
Fruit & Vegetables	All Brands	Frozen Fruits & Vegetables - Plain and plain mixtures. -	all sizes
Fruit & Vegetables	All Brands	Canned Fruits & Vegetables - Plain, metal cans - NEW	14-16 oz. cans
<b><u>Juices-100 % Fruit Juice, 120% Vitamin C</u></b>			
Juice - Concentrate	Best Yet	100% Apple Juice - NEW	12 oz Frozen Concentrate
Juice - Concentrate	Shaw's	100% Apple Juice - NEW	12 oz Frozen Concentrate
Juice - Concentrate	ShopRite	100% Apple Juice - NEW	12 oz Frozen Concentrate
Juice - Concentrate	Sunrise Valley	100% Apple Juice - NEW	12 oz Frozen Concentrate
Juice - Concentrate	IGA	100% Apple Juice	12 oz Frozen Concentrate
Juice - Concentrate	Seneca	100% Apple Juice	12 oz Frozen Concentrate
Juice - Concentrate	Shaw's	100% Grape Juice - NEW	12 oz Frozen Concentrate
Juice - Concentrate	ShopRite	100% Grape Juice - NEW	12 oz Frozen Concentrate
Juice - Concentrate	Sunrise Valley	100% Grape Juice - NEW	12 oz Frozen Concentrate
Juice - Concentrate	Seneca	100% Grape Juice	12 oz Frozen Concentrate
Juice - Concentrate	Welch's	100% Grape Juice	11.5 oz. Frozen Concentrate
Juice - Concentrate	Welch's	100% White Grape Juice	11.5 oz. Frozen Concentrate
Juice - Concentrate	Welch's	100% Juice, White Grape Cranberry	11.5 oz. Frozen Concentrate
Juice - Concentrate	Welch's	100% Juice, White Grape Peach	11.5 oz. Frozen Concentrate
Juice - Concentrate	Welch's	100% Juice, White Grape Pear	11.5 oz. Frozen Concentrate
Juice - Concentrate	Welch's	100% Juice, White Grape Raspberry	11.5 oz. Frozen Concentrate
Juice - Concentrate	Least expensive	100% Grapefruit	12 oz Frozen Concentrate
Juice - Concentrate	Least expensive	Orange	12 oz Frozen Concentrate
Juice - Concentrate	Least expensive	Orange with Calcium	12 oz Frozen Concentrate
Juice - Concentrate	Dole	Dole 100% Juice (all flavors)	12 oz Frozen Concentrate

Juice - Concentrate	Nestle	Juicy Juice 100% Juice, Non frozen conc. (all flavors)	11.5 oz. Non-Frozen Concentrat
Juice - Concentrate	Welch's	100% Juice, Pourable Concentrate (all flavors)	11.5 oz. Pourable Concentrate
Juice - Fluid	America's Choice	100% Apple Juice - NEW	64 oz plastic bottle
Juice - Fluid	Big Y	100% Apple Juice - NEW	64 oz plastic bottle
Juice - Fluid	IGA	100% Apple Juice - NEW	64 oz plastic bottle
Juice - Fluid	Mott's	100% Apple Juice - NEW	64 oz plastic bottle
Juice - Fluid	Shaw's	100% Apple Juice - NEW	64 oz plastic bottle
Juice - Fluid	Shurfine	100% Apple Juice - NEW	64 oz plastic bottle
Juice - Fluid	Stop & Shop	100% Apple Juice - NEW	64 oz plastic bottle
Juice - Fluid	Tipton Grove	100% Apple Juice - NEW	64 oz plastic bottle
Juice - Fluid	IGA	100% Grapefruit Juice White or Pink/Blends - NEW	64 oz plastic bottle
Juice - Fluid	Shurfine	100% Grapefruit Juice White or Pink/Blends - NEW	64 oz plastic bottle
Juice - Fluid	Stop & Shop	100% Grapefruit Juice White or Pink/Blends - NEW	64 oz plastic bottle
Juice - Fluid	White Rose	100% Grapefruit Juice White or Pink/Blends - NEW	64 oz plastic bottle
Juice - Fluid	Big Y	100% Juice Blends ,Juice-A-Lot -All flavors - NEW	64 oz plastic bottle
Juice - Fluid	Shaw's	100% Juice Blends Punch, Berry, Cherry - NEW	64 oz plastic bottle
Juice - Fluid	Nestle	100% Juice Blends, Juicy Juice-all flavors - NEW	64 oz plastic bottle
Juice - Fluid	Stop & Shop	100% Juice Blends, Simply Juice-All Flavors - NEW	64 oz plastic bottle
Juice - Fluid	Price Chopper	100% Juice Blends, Totally Juice-All Flavors - NEW	64 oz plastic bottle
Juice - Fluid	IGA	100% Juice Blends-Fruit Punch, Grape - NEW	64 oz plastic bottle
Juice - Fluid	Shaw's	100% Pineapple Juice - NEW	64 oz plastic bottle
Juice - Fluid	America's Choice	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	IGA	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Krasdale	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Shaw's	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	ShopRite	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Shurfine	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Stop & Shop	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Welch's	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	White Rose	100% Purple Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	America's Choice	100% White Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	IGA	100% White Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	ShopRite	100% White Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Shurfine	100% White Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Stop & Shop	100% White Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Welch's	100% White Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	White Rose	100% White Grape Juice - NEW	64 oz plastic bottle
Juice - Fluid	Least expensive	Orange	64 oz. plastic
Juice - Fluid	Least expensive	Orange	128 oz. plastic
Juice - Fluid	Least expensive	Orange w/Calcium	64 oz. plastic
Juice - Fluid	Least expensive	Juice Box	8.45 oz. box
Juice - Fluid	Least expensive	Juice can	6 oz. can
<b><u>Legumes - Dry 1 pound bag, any variety</u></b>			
Legumes	Least expensive	Beans	1 lb. bag

Legumes	Least expensive	Lentils	1 lb. bag
Legumes	Least expensive	Peas	1 lb. bag
<b><u>Peanut Butter</u></b>			
Peanut Butter	Least expensive	Peanut Butter	18 oz. jar
<b><u>Milk</u></b>			
Milk	Least expensive	Milk, Skim (Fatfree, Nonfat)	1 Gallon
Milk	Least expensive	Milk, Skim (Fatfree, Nonfat)	1/2 Gallon
Milk	Least expensive	Milk, Lowfat (Light) - 1%	1 Gallon
Milk	Least expensive	Milk, Lowfat (Light) - 1%	1/2 Gallon
Milk	Least expensive	Milk, Reduced Fat - 2%	1 Gallon
Milk	Least expensive	Milk, Reduced Fat - 2%	1/2 Gallon
Milk	Least expensive	Milk, Whole	1 Gallon
Milk	Least expensive	Milk, Whole	1/2 Gallon
<b><u>Lactose Reduced/Lactose Free Milk -Plain Half gallon paper cartons - Least Expensive Brand</u></b>			
Milk-Lactose Reduced/Free	Least expensive	Lactose Free Milk-1%/Lowfat - NEW	1/2 Gallon
Milk-Lactose Reduced/Free	Least expensive	Lactose Free Milk-2%/Reduced Fat - NEW	1/2 Gallon
Milk-Lactose Reduced/Free	Least expensive	Lactose Free Milk-Skim/Fat Free - NEW	1/2 Gallon
Milk-Lactose Reduced/Free	Least expensive	Lactose Free Milk-Whole - NEW	1/2 Gallon
Milk-Lactose Reduced/Free	Least expensive	Lactose Reduced Milk-1%/Lowfat - NEW	1/2 Gallon
Milk-Lactose Reduced/Free	Least expensive	Lactose Reduced Milk-2%/Reduced Fat - NEW	1/2 Gallon
Milk-Lactose Reduced/Free	Least expensive	Lactose Reduced Milk-Skim/Fat Free - NEW	1/2 Gallon
Milk-Lactose Reduced/Free	Least expensive	Lactose Reduced Milk-Whole - NEW	1/2 Gallon
<b><u>Dry Milk</u></b>			
Milk-Dry	Least expensive	Milk, Nonfat Dry	16 oz. box
<b><u>Evaporated Milk</u></b>			
Milk - Evaporated	Least expensive	Canned Evaporated Milk - Fat Free - NEW	12 oz. can
Milk - Evaporated	Least expensive	Canned Evaporated Milk - Lowfat/2% - NEW	12 oz. can
Milk - Evaporated	Least expensive	Canned Evaporated Milk - Whole	12 oz. can
<b><u>Goat Milk</u></b>			
Milk-Goat milk - dry	Meyenberg	Meyenberg Goat Milk	4-oz. packet
Milk-Goat milk-evaporated	Meyenberg	Meyenberg Goat Milk	12-oz. evaporated
<b><u>Soymilk - 8th Continent - 64 oz. Half gallon paper carton</u></b>			
Soymilk	8th Continent	8th Continent Soymilk-Fat Free - NEW	64 oz. carton
Soymilk	8th Continent	8th Continent Soymilk-Regular - NEW	64 oz. carton
<b><u>Tofu - Calcium Set, 14-16 oz package</u></b>			
Tofu	Nasoya	Nasoya Cubed Super Firm Tofu - NEW	14 oz package
Tofu	Nasoya	Nasoya Firm Tofu - NEW	14 oz package
Tofu	Nasoya	Nasoya Lite Firm - NEW	14 oz package
Tofu	Nasoya	Nasoya Lite Silken - NEW	14 oz package
Tofu	Nasoya	Nasoya Silken Tofu - NEW	14 oz package
Tofu	Nasoya	Nasoya Soft Tofu - NEW	14 oz package
<b><u>Formula</u></b>			
Formula	Nestle	Good Start Gentle Plus	13 oz. concentrate

Formula	Nestle	Good Start Gentle Plus	12 oz. powder
Formula	Nestle	Good Start Gentle Plus	32 oz. RTF
Formula	Nestle	Good Start Soy Plus	13 oz. concentrate
Formula	Nestle	Good Start Soy Plus	32 oz. RTF
Formula	Nestle	Good Start Soy Plus	12.9 oz. powder
Formula	Nestle	Good Start 2 Soy Plus 2	12.9 oz. powder
Formula	Ross	Alimentum Hypoallergenic	16 oz powder
Formula	Ross	Alimentum Hypoallergenic	32 oz. RTF
Formula	Nestle	Boost	8 oz. RTD
Formula	PBM Products	Bright Beginnings Soy Pediatric Drink	8 oz. RTF
Formula	Mead Johnson	Enfacare LIPIL	12.8 oz powder
Formula	Mead Johnson	Enfacare LIPIL	2 oz. RTF
Formula	Mead Johnson	Enfamil AR LIPIL	12.9 oz powder
Formula	Mead Johnson	Enfamil AR LIPIL	32 oz. RTU
Formula	Ross	Ensure	8 oz. RTF
Formula	Ross	Neosure	12.8 oz powder
Formula	Ross	Neosure	32 oz. RTF
Formula	Mead Johnson	Nutramigen AA LIPIL	14.1 oz powder
Formula	Mead Johnson	Nutramigen LIPIL	13 oz. concentrate
Formula	Mead Johnson	Nutramigen LIPIL	32 oz. RTU
Formula	Mead Johnson	Nutramigen LIPIL	16 oz powder
Formula	Ross	Pediasure (bottles retail)	8 oz. RTF
Formula	Ross	Pediasure with Fiber (bottles retail)	8 oz. RTF
Formula	Mead Johnson	Pregestimil LIPIL	16 oz powder
Formula	Ross	Similac Sensitive RS	32 oz. RTF

**ITEMS NO LONGER AUTHORIZED FOR CONNECTICUT WIC as of October 1, 2009**

Milk		Buttermilk-DELETE	1 Quart
Infant Cereal	Gerber	Infant Cereal, Barley-DELETE	8 oz. box
Infant Cereal	Gerber	Infant Cereal, Mixed-DELETE	8 oz. box
Infant Cereal	Gerber	Infant Cereal, Oatmeal-DELETE	8 oz. box
Infant Cereal	Gerber	Infant Cereal, Rice-DELETE	8 oz. box
Cheese	Least expensive	Provolone-DELETE	16 oz. prepkgd.
Carrots		Carrots-DELETE	1 lb. raw
Carrots		Carrots-DELETE	14.5 - 16 oz. can
Carrots		Carrots-DELETE	2 lb. raw
Juice		Infant Juice-DELETE	4 or 4.2 oz. jar
Juice	Least exp.	Pineapple 100% Juice-DELETE	46 oz. can
Juice	Least expensive	Grapefruit-DELETE	46 oz. can
Juice	Least expensive	Orange-DELETE	46 oz. can
Juice	Libby's	Juicy Juice (all flavors)-DELETE	46 oz. can
Juice	Lucky Leaf	Apple-DELETE	46 oz. can
Juice	Seneca	Apple-DELETE	46 oz. can
Juice	White House	Apple-DELETE	46 oz. can

# State of Connecticut WIC Program

## New WIC Food Packages-Update as of June 2009

### CT MINIMUM INVENTORY REQUIREMENTS BEGINNING OCTOBER 1, 2009

FOOD ITEM – See WIC Approved Food List for specific products and brand names that are allowed.	CONTAINER SIZE	MINIMUM QUANTITIES AND REQUIRED NUMBER OF KINDS/TYPES/VARIETIES
Fluid Milk	gallons  half gallons	8 gallons: 6 gallons of 2% (Reduced Fat), 1% (Lowfat/Light), or Skim (Fat Free/Nonfat) combined PLUS 2 gallons of Whole (least expensive brand) <u>AND</u> 8 half gallons of milk: 6 half gallons of 2% (Reduced Fat), 1% (Lowfat/Light), or Skim (Fat Free/Nonfat) combined PLUS 2 half gallons of Whole (least expensive brand)
Evaporated Milk	12 oz. cans	12 cans of evaporated milk (least expensive brand)
Cheese	pre-packaged (1 lb./16 oz.) deli American (1 pound/lb.)	2 varieties of cheese and 2 pounds/32 oz. of each variety (least expensive brand)
Eggs	1 dozen carton	4 dozen large white <u>or</u> brown eggs (least expensive brand)
Juice	11.5 - 12 oz. cans of concentrate <u>AND</u> 64 oz. plastic bottles of fluid	3 varieties with combined total of: 12 cans of frozen or liquid concentrate juice <u>AND</u> 12 plastic bottles of fluid juice
Fruits	pounds, pieces, packages 14-16 oz. cans bags, boxes	\$25 worth (at retail prices) and at least 2 varieties total. 1 variety must be fresh 1 variety may be canned or frozen.
Vegetables	pounds, pieces, packages 14-16 oz. cans bags, boxes	\$25 worth (at retail prices) and at least 2 varieties total. 1 variety must be fresh 1 variety may be canned or frozen.
Whole Wheat/ Whole Grain Bread	1 pound (lb.)/16 oz. loaves	6 loaves of Whole Wheat or Whole Grain Bread.
Legumes Dry Beans, Peas, Lentils	1 pound (lb.) bag	2 varieties and at least 2 bags of each variety (least expensive brand)
Canned Tuna	5 oz. can	6 cans of chunk light tuna fish in water (least expensive brand).
Hot Cereal	14 oz. boxes or larger	1 variety and 2 boxes of that variety. The one variety must be whole grain.
Cold Cereal	14 oz. or larger bags, boxes	3 varieties of cold cereal and 3 boxes of each variety. At least one variety must be whole grain.
Peanut Butter	18 oz. container	1 variety and 3 jars of that variety (least expensive brand).
Baby Food Fruits & Vegetables	4 oz. jars	36 jars of Beech Nut baby food fruits and 2 varieties total 36 jars of Beech Nut baby food vegetables and 2 varieties total
Infant Cereal (plain)	8 oz. carton	2 varieties of Beech Nut infant cereal and 3 cartons of each variety
Infant Formula	13 oz. cans of concentrate  <u>AND</u> 12 oz. cans of powder	24 cans Nestle Good Start Gentle Plus (formerly Good Start Supreme DHA & ARA) <u>AND</u> 12 cans Nestle Good Start Gentle Plus (formerly Good Start Supreme DHA & ARA)