

## New Mexico WIC Program Food List 2008

<p style="text-align: center;"><b>Infant Formula</b></p> <p>12.9 oz. container            Enfamil Lipil Powder, Prosobee Lipil Powder</p> <p style="text-align: center;"><b>Special Formulas</b>  <b>Enfamil Lactofree:</b>            Powder, Concentrate, Ready to Use</p>	<p style="text-align: center;"><b>Infant Cereal</b></p> <p>8 oz. package Dry            Barley, Oat, Rice or Mixed            Beechnut, Gerber, Nature's Goodness</p> <p>No fruit, infant formula or juice added</p>	<p style="text-align: center;"><b>Eggs</b></p> <p>1 dozen carton            Recommend            Least Expensive Brand            Grade A or AA            Small, Medium, Large            No fertile, free range, low cholesterol, Brown, Organic, Egg Whites-Only</p>
<p style="text-align: center;"><b>Juice</b></p> <p>46 fluid oz. bottle/cans            11.5 oz. to 12 oz. frozen            100 % Juice Only</p> <p>No Fruit Drinks, Fruit Punch, Fruit Juice Blends, Sweetened or Cocktail</p> <p style="text-align: center;"><b>See Back for Specific Brands and sizes</b></p>	<p style="text-align: center;"><b>Cereal</b></p> <p>8 to 36 oz. packages</p> <p>No individual serving package</p> <p style="text-align: center;"><b>See Back for Specific Brands</b></p>	<p style="text-align: center;"><b>Cheese</b></p> <p>1 or 2 pound packages            Recommend            Least Expensive Brand            Cheddar, Colby, Mozzarella, Colby-Jack, Monterey Jack</p> <p>Must be domestic            No sliced, shredded, added ingredients</p>
<p style="text-align: center;"><b>Fresh Cow Milk</b></p> <p>Gallon Size            Recommend            Least Expensive Brand            Unflavored, Vitamin D, Pasteurized</p> <p>Whole, Low Fat, Skim, 1%, 2%, Protein Fortified</p>	<p style="text-align: center;"><b>Lactose Reduced Milk</b></p> <p>Half-Gallon            Any Brand, All varieties            Whole, Low Fat, Skim, 1%, 2%, Calcium Fortified</p>	<p style="text-align: center;"><b>Evaporated Milk</b></p> <p>12 fluid oz.            Recommend            Least Expensive Brand            Cow milk            Whole, Low Fat, Skim or 1%            No Filled Milk</p>
<p style="text-align: center;"><b>Dry Beans or Peas</b></p> <p>1-pound commercial packages            Recommend            Least Expensive Brand            Any variety desired</p> <p>Black, Great Northern, Kidney, Lentils, Navy, Pinto, Split Peas (green or yellow), Lima, Garbonzo, Black eye peas</p>	<p style="text-align: center;"><b>Pure Peanut Butter</b></p> <p>16 or 18 oz. jar            Any Brand            Smooth, Crunchy, Extra Crunchy</p> <p>No organic, jelly/honey mixed in, low fat or reduced calorie</p>	<p style="text-align: center;"><b>Tuna</b></p> <p>6 oz. cans            Recommend            Least Expensive Brand            Light, Chunk            Packed in oil or water.            No Albacore, White, Grilled or Seasoned</p>
<p style="text-align: center;"><b>Carrots</b></p> <p>1-pound packages            Whole unpeeled or Mini peeled            Organic whole unpeeled or Organic Mini peeled</p> <p style="text-align: center;"><b>Recommend</b>  <b>Least Expensive Brand</b></p> <p>No sliced, shredded, baby, cooked, frozen</p>	<p style="text-align: center;"><b>Dry Milk</b></p> <p>25.6 oz. package            Recommend            Least Expensive Brand</p> <p>No individual serving packets</p>	<p style="text-align: center;"><b>Special Milk</b></p> <p>12.5 fluid oz. can  <b>Meyenberg Evaporated Goat Milk</b></p>

## New Mexico WIC Program Cereal & Juice List 2008

Cereal	Juice
8 to 36 ounce size box	<b>Apple</b>
General Mills Cheerios, Plain General Mills Dora Explorer General Mills Country Corn Flakes General Mills Kix General Mills Wheat Chex General Mills Wheaties	11.5 – 12 oz. frozen concentrate or 46 fl oz. can Recommend least expensive available of the following brands:
Kellogg's Corn Flakes Kellogg's Crispix Kellogg's Frosted Mini Wheats Kellogg's Rice Krispies	Albertsons      bottle/can, frozen Big Tex          bottle/can Great Value     bottle/can, frozen Lucky Leaf      bottle/can Seneca           bottle/can, frozen Shurfine         bottle/can, frozen Texsun           bottle/can TreeTop          bottle/can, frozen
Malt-O-Meal Frosted Mini Spooners Malt-O-Meal Scooters, Plain	<b>Grapefruit</b>
Post Bran Flakes Post Grapenuts Post Grapenut Flakes Post Honey Bunches of Oats, Almond Post Honey Bunches of Oats Honey Roasted	11.5 – 12 oz. frozen concentrate or 46 fl oz. bottle/can Recommend least expensive brand at time of purchase.
Quaker King Vitamin Quaker Life Quaker Oatmeal Squares	<b>Orange</b>
	11.5 – 12 oz. frozen concentrate or 46 fl oz. bottle/can Recommend least expensive brand at time of purchase.
	<b>Purple Grape</b>
	11.5 – 12 oz. frozen concentrate or 46 fl oz. bottle/can Recommend least expensive brand at time of purchase.
	Albertson's                  Great Value Seneca                      Welch's
	<b>White Grape</b>
	11.5 – 12 oz. frozen concentrate or 46 fl oz. bottle/can Recommend least expensive brand at time of purchase.
	Albertson's                  Welch's
<b>Hot Cereals</b>	<b>Dole Pineapple-Orange</b>
	Dole brand only 11.5 – 12 oz. frozen concentrate
Cream of Wheat Plain No instant, No individual serving size	<b>Dole Pineapple</b>
	Dole brand only 11.5 – 12 oz. frozen concentrate or 46 fl oz. bottle/can
Malt-O-Meal Hot Wheat Cereal Plain No individual serving size	<b>Dole Pineapple-Mango</b>
	Dole brand only 46 fl oz. bottle/can
Quaker Sun Country Quick Oats Plain No individual serving size	<b>Vegetable Juice</b>
	46 fl oz. bottle/can Recommend least expensive brand at time of purchase.
	Albertson's, Shurfine, Campbells V-8