

Missouri WIC Approved Food List

Effective October 1, 2025



Whole grains	Milk and milk substitutes	Juice
<p>100% Whole wheat bread, buns 12, 16, 20 and 24 oz. Brand specific: <i>Aunt Millies, Best Choice, Brownberry, Bunny Bread, Dillions, Essential Everyday, Hy-Vee, IGA, Kroger, Lewis, Nature's Own, Oroweat, Ozark Hearth, Pepperidge Farm, Price Chopper, Sara Lee, Schnucks, Wonder.</i></p> <p>Whole wheat tortillas-16 oz. Brand specific: <i>Best Choice, Chi-Chi's, Don Poncho, Essential Everyday, Great Value, IGA, Kroger, La Banderita, Mi Casa, Mission, Ortega, Schnucks, Tio Santi.</i></p> <p>White or yellow soft corn tortilla-16 oz. Brand specific: <i>Best Choice, Chi-Chi's, Don Poncho, Essential Everyday, HyTop, Hy-Vee, IGA, Kroger, La Banderita, La Burrita, Mission.</i></p> <p>Whole wheat pasta-16 oz. Any shape. No added sugars, fats, oils or salt. Brand specific: <i>Barilla, Best Choice, Essential Everyday, Food Club, Gia Russa, Great Value, Hodgson Mill, Hy-Vee, Kroger, Racconto, Ronzoni, Healthy Harvest, Schnucks.</i></p> <p>Brown rice-14 oz instant or 16, 32 oz regular. Store brand. No organic.</p> <p>Oats-18 oz. Plain, quick or old-fashioned. Store brand. No steel cut or organic.</p>	<p>Milk Quart, half gallon, gallon. Any brand. Nonfat (skim), low-fat (1/2-1%). Reduced fat (2%), whole.</p> <p>Nonfat dry milk 1 lb 9.6 oz or 25.6 oz (makes 8 quarts). 9.6 oz (makes 3 quarts). Store brand.</p> <p>Cultured buttermilk Quart or half gallon. Any brand.</p> <p><i>Only if issued to a participant.</i></p> <p>Lactose-free milk Half gallon. Any brand. Nonfat (skim), low-fat (1/2-1%). Reduced fat (2%), whole.</p> <p>Soy milk Half gallon. Brand and flavor specific: <i>Silk-Original.</i> <i>Bettergoods-Original.</i> <i>8th Continent Soy Milk-Original.</i></p> <p>Not allowed: Organic, flavored, glass bottles, goat's milk, evaporated, nut, coconut, rice, oat, other grains, raw or unpasteurized, sweetened condensed.</p>	<p>Frozen juice for women-11.5-12 oz. Brand and flavor specific: <i>Always Save-Apple, orange.</i> <i>Best Choice-Apple, orange.</i> <i>Best Yet-Apple, grape, orange.</i> <i>Essential Everyday-Apple, grape, orange.</i> <i>Great Value-Apple, grape, orange.</i> <i>HyTop-Apple, grape, orange.</i> <i>Hy-Vee-Apple, orange.</i> <i>IGA-Apple, orange.</i> <i>Kroger-Apple, grape, orange, pineapple.</i> <i>Old Orchard-Apple, apple cherry, apple cranberry, apple kiwi strawberry, apple passion mango, apple raspberry, apple strawberry banana, berry blend, blueberry pomegranate, cherry pomegranate, citrus blend, cranberry blend, cranberry pomegranate, cranberry raspberry, grape, orange, pineapple, pineapple orange, pineapple orange banana, white grape.</i> <i>Seneca-Apple.</i> <i>Tipton-Grove-Apple, orange.</i> <i>Valu Time-Orange.</i></p> <p>Containers for children-64 oz. Apple, grape and orange flavors only. Brand specific: <i>Always Save, Best Choice, Best Yet, Dierbergs, Essential Everyday, Food Club, Great Value, HyTop, Hy-Vee, IGA, Kroger, Life Everyday, Meijer, Sam's Choice, Schnucks, Shoppers Value, That's Smart, Tipton's Grove.</i></p>
Cold and hot cereal		
<p>12-36 oz boxes or bags. Brand and variety specific. Whole grain identified by *.</p> <p><i>Always Save-Corn Flakes, Crisp Rice, Frosted Shredded Wheat*, Toasted Oats*.</i></p> <p><i>Best Choice-Bran Flakes*, Corn Crisp, Corn Flakes, Creamy Wheat Enriched Farina, Crisp Rice, Crispy Hexagons, Frosted Shredded Wheat*, Frosted Shredded Wheat Maple & Brown Sugar*, Happy O's*, Original Instant Grits, Rice Crisps, Wheat Crisps*, Wheat Flakes*.</i></p> <p><i>Best Yet-Bran Flakes*, Corn Flakes, Frosted Shredded Wheat*, Original Instant Oatmeal*, Toasted Oats*.</i></p> <p><i>Dierbergs-Bran Flakes*, Corn Flakes, Frosted Shredded Wheat*, Toasted Oats*.</i></p> <p><i>Essential Everyday-Bran Flakes*, Corn Flakes, Corn Squares, Crispy Hexagons, Crisp Rice, Crunchy Oat Cereal*, Crunchy Wheat Squares*, Frosted Shredded Wheat*, Frosted Shredded Wheat with Strawberry Cream*, Grits Original Flavor, Honey and Oat Clusters, Multigrain Toasted Oats*, Nutty Nuggets*, Oat Bundles*, Regular Instant Oatmeal*, Rice Squares, Toasted Oats*.</i></p>		

This institution is an equal opportunity provider.

<p><i>Food Club</i>-Bran Flakes*, Corn Flakes, Corn Squares, Creamy Wheat Farina, Crisp Rice, Frosted Shredded Wheat*, Honey and Oats with Honey and Oat Clusters, Oatmeal Squares* Regular Instant Oatmeal*, Rice Squares, Toasted Oats*, Twin Grain Crisp, Wheat Squares*. <i>Great Value</i>-Bran Flakes*, Corn Flakes, Corn Squares, Crunchy Nuggets*, Crunchy Oat Squares*, Frosted Shredded Wheat*, Multi-Grain O's*, O's Oats*, Original Instant Oatmeal*, Rice Squares, Wheat Squares*.</p> <p><i>Hy-Vee</i>-Balanced Living*, Bran Flakes*, Corn Flakes, Creamy Wheat Enriched Farina, Fiber Nuts*, Frosted Shredded Wheat*, Multigrain Tasteos*, Toasted Oats*, Toasted Corn, Toasted Rice, Toasted Wheat*.</p> <p><i>IGA</i>-Bran Flakes*, Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat*, Nutty Nuggets*, Rice Squares, Tasteos*.</p> <p><i>Kiggins</i>-Bran Flakes*, Corn Flakes, Frosted Shredded Wheat*, Rollin Oats*.</p> <p><i>Kroger</i>-Corn Bitz, Corn Flakes, Crispy Rice, Nutty Nuggets*, Oat Squares*, Original Instant Oatmeal*, Rice Bitz, Toasted Oats*.</p> <p><i>Meijer</i>-Frosted Shredded Wheat*, Original Instant Oatmeal*, Toasted Oats*, Wheat Bran Flakes*.</p> <p><i>Ralston Foods</i>-Corn Biscuits, Corn Flakes, Creamy Wheat Enriched Farina, Frosted Shredded Wheat*, Original Instant Oatmeal*, Rice Biscuits, Tasteos*, Wheat Bran Flakes*.</p> <p><i>Schnucks</i>-Regular Instant Oatmeal*.</p> <p><i>Shoppers Value</i>-Corn Flakes.</p> <p><i>That's Smart</i>-Bran Flakes*, Corn Flakes, Crisp Rice, Toasted Oats*.</p>		
Eggs, peanut butter, beans, peas and lentils	Tofu, cheese, fruits and vegetables	Infant foods and canned fish
<p>Eggs-1 dozen carton. Any brand. White, large or medium, grade A or AA. Not allowed: Free-range, enriched levels of omega-3 fatty acids, vitamins or minerals, fertile, low cholesterol, organic or other specialty.</p> <p>Peanut butter 16-18 oz. Store brand. Regular or reduced-fat. Creamy or chunky. Salted or unsalted. Not allowed: Organic, mixtures with chocolate, honey, jams, jellies, marshmallows or similar ingredients.</p> <p>Dry beans, peas and lentils 16 or 32 oz. Store brand. Any variety of plain. Not allowed: Organic.</p> <p>Canned mature beans-15-16 oz. Any brand of plain variety beans. Any brand of plain, fat-free refried beans. Regular or low-sodium. Not allowed: Baked, soup or mixed, organic or seasoned.</p>	<p>Tofu-16 oz. Brand and type specific: <i>Azumaya</i>-Firm. <i>Franklin Farms</i>-Extra firm, medium and soft. <i>Nasoya</i>-Silken tofu organic.</p> <p>Cheese-8, 16 and 32 oz. Shredded only. Store brand. Regular, fat-free or low-fat. Marbled or blends of approved cheese varieties. Domestic cheese only: American, Brick, Cheddar (all varieties), Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster, Provolone, Swiss.</p> <p>Fruits and vegetables-fresh or frozen. Any brand or variety. Regular or low sodium vegetables. Organic. Not allowed: Dried or canned, salad bar or deli servings, herbs or spices other than fresh garlic and fresh ginger, baskets or party trays, added sugars, caramel, chocolate, yogurt, nuts, salad kits, breading, creams, marinades or sauces, seasonings, fats or oils, pasta, rice, fish, meat or poultry, ornamental or decorative, frozen smoothie mixes or frozen potatoes with added fats, oils, seasonings or sugars (e.g., tater tots, hashbrowns).</p>	<p>Infant cereals-8 or 16 oz. Dry, plain. Brand and flavor specific: <i>Beech-Nut</i>-Golden corn, multigrain, oatmeal. <i>Gerber</i>-Barley, multigrain, oatmeal, oatmeal millet quinoa, rice, whole wheat. Not allowed: Organic, added DHA/ARA, added cinnamon, dried fruit, nuts or yogurt.</p> <p>Infant fruits and vegetables-4 oz. Single or multipacks. Any fruit, vegetable or mix. Brand specific: <i>Beech-Nut</i>, <i>Gerber</i>, <i>Tippy Toes</i>. Not allowed: Organic, pouches, cinnamon, added cereal, DHA or probiotics, seasonings or sugar, flour, grains, pasta, rice, salt, dinners or added meats.</p> <p>Infant meats-2.5 oz. Variety and multipacks. Brand specific: <i>Beech-Nut</i>, <i>Gerber</i>, <i>Tippy Toes</i>. Not allowed: Organic, added DHA/ARA, dinners, meat and fruit/vegetable combination.</p> <p>Infant formula As issued to a participant.</p> <p>Canned fish-Any brand. Single or multipacks. Light tuna-5 oz can, water-packed. Sardines-3.75 oz can (water-packed, tomato or mustard sauce). Not allowed: Foil pouches, added flavors or seasonings, white and albacore tuna, individual servings or fish steaks.</p>