



# WIC APPROVED FOODS

## - UPDATE -

Effective: 1-1-2010

A complete list of WIC approved foods effective 1-1-2010 is available at <http://www.doh.wa.gov/cfh/wic>

### FROZEN AND CANNED JUICE FOR WOMEN

Buy only these brands and types of frozen and canned juice		Size and container type	X = New
Apple:	Albertsons Apple Juice	12 ounce frozen	X
	Flavorite Apple Juice	12 ounce frozen	X
	Fred Meyer Apple Juice	12 ounce frozen	X
	Great Value Apple Juice	46 ounce can	X
	Great Value 100% Apple Juice	12 ounce frozen	
	Hy-Top Apple Juice	12 ounce frozen	
	IGA Apple Juice - 100%	12 ounce frozen	X
	Kroger Apple Juice	12 ounce frozen	X
	Old Orchard 100% Apple Juice	12 ounce frozen	
	Safeway Apple Juice	12 ounce frozen	
	Safeway Apple Juice w/added Vitamin C	12 ounce frozen	X
	Tree Top Apple Juice	12 ounce frozen	
	Tree Top 100% Apple Juice	46 ounce can	
	Western Family 100% Juice Apple	12 ounce frozen	
	Cranberry:	Old Orchard 100% Juice Cranberry	12 ounce frozen
Grape:	Albertsons Grape Juice	12 ounce frozen	
	Great Value 100% Grape Juice	12 ounce frozen	
	Hy-Top Grape Juice	12 ounce frozen	
	Old Orchard 100% Juice Grape	12 ounce frozen	
	Old Orchard 100% Juice White Grape	12 ounce frozen	
	Welch's 100% Grape Juice	11.5 ounce frozen	
	Welch's 100% Grape Juice	46 ounce can	
	Welch's 100% White Grape Juice	11.5 ounce frozen	
	Welch's 100% White Grape Juice	46 ounce can	
	Western Family 100% Juice Grape	12 ounce frozen	
Grapefruit:	Great Value Pink Grapefruit Juice	46 ounce can	X
	Great Value White Grapefruit Juice	46 ounce can	X
	Texsun Ruby Red Grapefruit Juice	46 ounce can	
	Any brand of frozen 100% grapefruit juice	11.5 / 12 ounce frozen	
Orange:	Texsun Orange Juice	46 ounce can	
	Any brand of frozen 100% orange juice	11.5 / 12 ounce frozen	
Pineapple:	Dole 100% Pineapple Juice	12 ounce frozen	
	Dole Pineapple Juice	46 ounce can	
	Fred Meyer Unsweetened Pineapple Juice	46 ounce can	X
	Haggen Unsweetened Pineapple Juice From Concentrate	46 ounce can	X
	IGA Pineapple Juice	46 ounce can	X
	Old Orchard 100% Juice Pineapple	12 ounce frozen	
	Western Family Pineapple Juice	46 ounce can	X
	Tomato:	Cambell's Tomato Juice	46 ounce can
Haggen Tomato Juice From Concentrate		46 ounce can	X
IGA Tomato Juice		46 ounce can	X
Kroger Tomato Juice		46 ounce can	X
Western Family Tomato Juice		46 ounce can	X
Vegetable:	Haggen Vegetable Juice From Concentrate	46 ounce can	X
	V-8 Essential Antioxidants 100% Vegetable Juice	46 ounce can	
	Western Family Vegetable Juice	46 ounce can	X

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