



# 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>

### Tofu

**Buy any brand of plain, calcium set tofu in 12 oz to 16 oz packages.**

<b>These are WIC approved.</b> Other brands may also be approved.	<b>Size and Container Type</b>	<b>X = New</b>
Azumaya Extra Firm	14 ounce container	X
Azumaya Firm	14 ounce container	
House Foods Organic Extra Firm	12 ounce container	X
House Foods Premium Extra Firm	14 ounce container	X
House Foods Organic Firm	14 ounce container	
House Foods Organic Medium Firm	14 ounce container	
House Foods Organic Soft (Silken)	14 ounce container	
House Foods Premium Firm	14 ounce container	
House Foods Premium Medium Firm	14 ounce container	
House Foods Premium Soft (Silken)	14 ounce container	
Mori-Nu Silken Extra Firm Tofu (shelf stable)	12.3 ounce container	X
Mori-Nu Silken Firm (shelf stable)	12.3 ounce container	X
Mori-Nu Silken Lite Firm (shelf stable)	12.3 ounce container	X
Mori-Nu Organic Silken (shelf stable)	12.3 ounce container	X
Mori-Nu Silken Soft (shelf stable)	12.0 ounce container	X
Nasoya Organic Extra Firm	16 ounce container	X
Nasoya Organic Firm	16 ounce container	
Nasoya Organic Lite Firm	16 ounce container	
Nasoya Organic Lite Silken	16 ounce container	
Nasoya Organic Silken	16 ounce container	
Nasoya Organic Soft	16 ounce container	
Sun Luck Chinese Firm	14 ounce container	
Sun Luck Japanese Traditional	14 ounce container	
Sun Luck Nugoshi Soft	14 ounce container	

### Soy Beverage

<b>Buy only these brands and types of soy beverage.</b>	<b>Size and Container Type</b>	<b>X = New</b>
8 <sup>th</sup> Continent, original, regular	½ gallon container	X
Pacific Ultra Soy, plain	32 ounce container	
Pacific Ultra Soy, vanilla	32 ounce container	

**Questions?** Ask WIC staff or visit our website <http://www.doh.wa.gov/cfh/wic>

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