



HAWAII

# Shopping Guide

Effective May 1, 2026

Brands, types, or sizes are subject to change.





## Before You Shop

Select a 4-digit Personal Identification Number (PIN). To select your PIN



Call the automated phone line at 1-888-347-5449

OR

Go to: [health.hawaii.gov/wic/ewic](http://health.hawaii.gov/wic/ewic)  
From there you will be directed to where you can select your PIN.

## Shopping with WIC

Know your WIC food balance when you go to the store.

Your WIC Food Balance shows the foods and the amounts available to your family between specific dates. As you shop and use your WIC foods, your Food Balance will change. Be sure to shop for all of the foods in your WIC Food Balance within the allowed dates.

There are many ways to find your WIC Food Balance

- Use the free WIC phone app on your smart phone.
- Get a printout at your WIC office.
- Look at your store receipt from your last shopping trip.
- Ask a cashier or customer service person at the store to print your WIC Food Balance.
- Call the number on the back of your WIC card

Select your WIC approved items.

- Use the WIC phone app on your smart phone or Approved Food List to help you choose WIC foods.

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Not all WIC participants receive all foods listed in the food list. Foods assigned to each participant can be different depending on age, category and special needs. Please ask staff if you have questions about your WIC food package.

## At Check-Out

Use your WIC Card first. If you are purchasing both WIC and non-WIC foods, always use your eWIC card as your first form of payment.

1. **Notify the cashier.** Let the cashier know you will be paying with a WIC card before they start scanning your purchases.
2. **Pay close attention!** If an item doesn't ring up as a WIC food, you can put it back or purchase it with another form of payment.
3. **Got coupons?** Give the cashier your store loyalty card and any coupons you may have.
4. **Swipe your eWIC card.** Remember: swipe your eWIC card before other forms of payment (even before SNAP) if WIC and non-WIC items are rung up together.
5. **Get a receipt.** Check that your WIC purchase is correct.
6. **Be sure to keep your receipt!** It lists your remaining eWIC balance and expiration of benefits. It can also help your WIC office if issues arise.

# Milk

**SIZE** | Half Gallon (64 oz) and Gallon

## ALLOWED:

- Fat-free (skim) or Low-fat (1%)
- Any Brand
- Pasteurized or ultra-pasteurized
- Organic

## If included in your WIC food balance:

- Whole Milk
- Reduced-fat (2% Milk)
- Quart size milk (refrigerated and shelf-stable)
- Lactose-reduced or lactose-free milk
- Dry (powdered) milk
- Evaporated milk

## NOT ALLOWED ❌

- Other sizes
- Rice milk
- Buttermilk
- Goat's milk
- Flavored milk
- Grassfed
- Added DHA/Omega-3
- Growing Years™



## Shopping Tips:

- Buy the type of milk listed on your benefit list.
- Use the app to see what type of milk is on your benefit list.
- Scan the barcode to see if it's allowed.
- Make sure you select the type of milk in your benefits.
- Look closely. Make sure you have selected a WIC allowed milk size.

# Plant Based Milk

**SIZE** | See Below



## ALLOWED:

### Pea Milk 48 oz



Ripple Original



Ripple Unsweetened Original



Ripple Kids Original



Ripple Kids Unsweetened Original

### Soy Milk Half-Gallon/64 oz



bettorgoods Original



Silk Original



Silk Vanilla



Silk Unsweetened

#### Quart/32 oz



Pacific Ultra Soy Plain



Silk Original



### Oat Milk Blend 59 oz



Silk Kids Original

## NOT ALLOWED ❌

- Other brands, sizes, or flavors

# Yogurt

SIZE | 32 oz container



## ALLOWED:

- Low-fat or nonfat
- Flavors listed below

## \*If included in your WIC food balance:

- Whole fat yogurt.

WIC **ALLOWED** brands listed below:



Low Fat Plain  
Low Fat Vanilla  
Whole Fat Vanilla\*



Nonfat Plain  
Low Fat Plain  
Low Fat Vanilla  
Whole Fat Plain\*  
Whole Fat Strawberry\*  
Whole Fat Vanilla\*



Nonfat Plain  
Lowfat Blueberry  
Lowfat Harvest Peach  
Lowfat Strawberry  
Lowfat Strawberry Banana  
Lowfat Vanilla



Nonfat Plain  
Low Fat Plain  
Whole Fat Plain\*



Nonfat Plain  
Nonfat Vanilla  
Lowfat Strawberry  
Lowfat Peach  
Lowfat Vanilla  
Whole Fat Plain\*  
Whole Fat Vanilla\*  
Greek Nonfat Plain Greek  
Nonfat Strawberry  
Greek Nonfat Vanilla  
Greek Whole Fat Plain\*

## NOT ALLOWED ☹

- No yogurts with artificial sweeteners, like aspartame or sucralose
- Products with toppings or add-ins
- No "light" yogurts
- Other brands or flavors, or sizes

Yogurt



# Cheese

SIZE | 6 oz to 16 oz package

## ALLOWED:

- Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, Swiss, any combination of these types
- Block, stick, string, shredded, and sliced
- Regular, reduced, or fat-free
- Made in U.S.A. only
- Pasteurized cheese only

## NOT ALLOWED ☹

- Other sizes
- Organic
- Cube or deli
- Cheese with peppers, herbs, or flavors



Cheese

Eggs

# Eggs

SIZE | Packages of one dozen only

## ALLOWED:

- Medium, Large, X-Large, Jumbo
- White or Brown
- Cage Free
- Organic

## NOT ALLOWED ☹

- Fertilized
- Free range eggs
- Powdered, liquid, cooked, or frozen



# Tofu

SIZE | 14 oz and 16 oz size packages

## ALLOWED:



Medium Firm

Firm

Extra Firm



Firm

Extra Firm



Firm

Extra Firm

Super Firm



Firm

Extra Firm



Aloha Tofu  
Non-Gmo  
Firm

Good & Gather  
Extra Firm

## NOT ALLOWED ☹

- Silken, soft, cooked
- Products with added flavoring or seasoning
- Other brands or sizes

# Canned Fish

## Tuna Chunk Light



SIZE | 5 oz can

## ALLOWED:

- Chunk light tuna in water
- Any Brand

## NOT ALLOWED ☹

- Organic
- Other sizes
- Albacore or fancy tuna
- Products in pouches or snack packs
- Products with added flavors and spices



## Mackerel

SIZE | 15 oz can

## ALLOWED:

- Any Brand
- Mackerel in any sauce

## NOT ALLOWED ☹

- Organic
- Other Sizes
- Jack Mackerel
- King Mackerel

## Sardines

SIZE | 3.75 oz can

## ALLOWED:

- Any Brand except those listed below
- Sardines in any sauce

## NOT ALLOWED ☹

- Organic
- Other Sizes
- King Oscar or Crown Prince brands

## Pink Salmon

SIZE | 5 oz to 15 oz can

## ALLOWED:

- Any Brand
- Pink Salmon

## NOT ALLOWED ☹

- Organic
- Other sizes
- Red, sockeye or blueback
- Products that are flavored
- Products in pouches or snack packs



# Whole Grains

## Tortillas

SIZE | 8 oz to 24 oz packages

### ALLOWED:

- 100% Whole Wheat
- Soft white or yellow corn



WIC **ALLOWED** brands listed below:



### NOT ALLOWED ☒

- Organic
- Fried, flavored or seasoned
- Other brands or sizes

## Pasta

SIZE | 16 oz package

### ALLOWED:

- 100% Whole Wheat

WIC **ALLOWED** brands listed below:



### NOT ALLOWED ☒

- Other brands or sizes

## Bread

SIZE | 16 oz up to 24 oz loaf

### ALLOWED:

- 100% Whole Wheat



WIC **ALLOWED** brands listed below:



### NOT ALLOWED ☒

- Organic
- Other brands or sizes

## Brown Rice

SIZE | 16 oz and 32 oz size packages

### ALLOWED:

- Any brand
- Short or long grain
- Instant, quick, or regular cooking time

### NOT ALLOWED ☒

- Organic
- Boil in a bag or ready to serve



# Juice

SIZE | 46 oz to 64 oz bottle  
or 11.5 oz to 12 oz frozen  
concentrate

## ALLOWED:

- 100% juice
- No sugar added
- At least 80% Daily Value for vitamin C
- Calcium fortified with vitamin D



WIC **ALLOWED** brands listed below:

## Juice Bottles



64 oz



64 oz



64 oz



64 oz



64 oz



64 oz



64 oz



64 oz



64 oz



48 oz  
64 oz



48 oz  
64 oz



48 oz  
64 oz



46 oz



46 oz

# Frozen Juice



Apple



Pineapple



Apple  
Grape  
Pineapple Blends



Orange Juice  
Any brand



Apple (red label)



Apple  
Grape



Apple (green label)



Grape (yellow tab)

## NOT ALLOWED

- Organic
- Products that are labeled juice beverage, cocktail, drink, punch, nectar, or ade
- Other brands or sizes

## Juice Packs



If included in your WIC food balance:



Any Flavor

8-pack of 4.23 oz boxes  
8-pack of 6.75 oz boxes



Any Flavor

8-pack of 4.23 oz boxes  
8-pack of 6.75 oz boxes



Pineapple Juice  
6-pack of 6 oz cans



Apple Juice  
6-pack of 8 oz bottles

## NOT ALLOWED

- Other brands or sizes

# Fruits

## Fresh Fruits

**CAN BUY** | Organic, whole, pre-cut, or packaged

### NOT ALLOWED

- Products with added flavor, spices, dressing, or dip
- Salad bar items
- Decorative or ornamental
- Baked goods with fruit
- Fruit roll-ups or leather



## Frozen Fruits

**CAN BUY** | Organic, whole, pre-cut, or packaged. Any brand

### NOT ALLOWED

- Products with added ingredients, sauce, sugar or artificial sweeteners
- Products with added herbs or nuts



## Canned Fruits

**CAN BUY** | Organic, any brand or variety, packed in water or juice without added sugars. Applesauce - "no sugar added" or "unsweetened" varieties only. Products in cans, jars, or plastic containers. Any Brand.

### NOT ALLOWED

- Products packed in syrup, such as heavy, light, or extra light
- Cranberry sauce, pie filling
- Products with added sugars or artificial, reduced-calorie, or no-calorie sweeteners
- Dried or powdered



# Vegetables

## Fresh Vegetables

**CAN BUY** | Organic, whole, pre-cut, shredded, or packaged

### NOT ALLOWED

- Salad bar items
- Decorative or ornamental
- Products with cheese
- Products with added flavor, herbs, spices, dressing or dip



## Canned Vegetables

**CAN BUY** | Organic, products in cans, jars, or plastic containers. Any brand, variety, regular or low sodium/salt. Poi, plain tomatoes, or tomato products (paste, puree, whole, crushed, diced, sauce).



### NOT ALLOWED

- Products with added sugars, fats, oils, and meats
- Products with added mature beans, including baked beans, pork and beans
- Products that are pickled, or with added cream or sauce
- Soups, ketchup, relishes, olives, or salsa
- Dried or powdered

## Frozen Vegetables

**CAN BUY** | Organic, whole, pre-cut, shredded or packaged. Any Brand.

### NOT ALLOWED

- Products with added ingredients, sauce, nuts or cream
- Products with added flavors, herbs, spices, dressing, or dip
- Products with added rice, pasta, meat or noodles
- French fries, hash browns, tater tots, or Potatoes O'Brien
- Breaded or battered vegetables



# Infant Foods

## Fruits & Vegetables



SIZE | 2 oz to 4 oz size

### ALLOWED:

- Plain fruits, plain vegetables, or combinations of two or more plain fruits and vegetables
- Poi
- Organic
- Multi-packs

WIC **ALLOWED** brands listed below:

### Jars/Tubs



4 oz

**Beech-Nut**<sup>®</sup>  
4 oz



2 oz and 4 oz



4 oz



4 oz

### Pouches



3.2 oz Pouch



4 oz Pouch



4 oz Pouch

### Tubs & Pouches



4 oz Tub  
3.5 oz Pouch



4 oz Tub  
3.5 oz Pouch

### NOT ALLOWED

- Products with DHA/ARA, prebiotics or probiotics
- Products with added formula, milk, yogurt, nuts or sugars
- Other brands or sizes

# Cereals



SIZE | 8 oz container

### ALLOWED:

- Organic
- WIC **ALLOWED** brands listed below:



### NOT ALLOWED

- Rice cereal
- Products with DHA/ARA, prebiotics or probiotics
- Products with added formula, milk, fruit or yogurt
- Jars, cans or single serving packages
- Other brands or sizes

# Meats

**If included in your WIC food balance:**

SIZE | 2.5 oz jar

### ALLOWED:

- Added broth or gravy
- Multi-packs

WIC **ALLOWED** brands listed below:

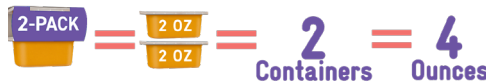


### NOT ALLOWED

- Other brands or sizes

### Shopping Tip:

Single containers and multi-packs can be mixed and matched. A multi-pack has 2 or more containers.




# Breakfast Cereal

## Cold Cereal

SIZE | 9 oz to 36 oz size packages

WIC **ALLOWED** brands listed below:

Cereals with this symbol  are made with whole grains and are a good source of fiber.



Corn Flakes 



Crispy Rice 



Toasted Oats 



Bluey 



Cheerios 



Multi Grain Cheerios 



Blueberry Chex 



Corn Chex 



Bran Flakes 



Frosted Bite Size Shredded Wheat 




Cinnamon Chex 



Rice Chex 



Wheat Chex 



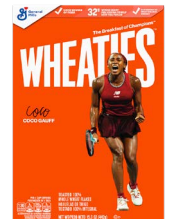
Toasted O's 



Kix 



Total 



Wheaties 

Breakfast Cereal

Breakfast Cereal

# Breakfast Cereal

## Cold Cereal



**Shopping Tip:**  
Ways to buy 36 ounces of cereal:

12 oz	12 oz	12 oz	18 oz	18 oz	24 oz	12 oz
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*Kellogg's*



Frosted Mini Wheats



Frosted Mini Wheats Little Bites

Malt Meal



Crispy Rice



Frosted Mini Spooners



Rice Krispies



Great Grains Banana Nut



Great Grains Crunchy Pecan



Oatmeal Squares w/ Brown Sugar



Oatmeal Squares w/ Honey Nut



grape-nuts



grape-nuts flakes



Honey Bunches of Oats w/ Almonds



Life Original



Mighty Life Strawberry Blueberry Bliss



Mighty Life Very Vanilla



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats w/ Vanilla

# Breakfast Cereal

## Cold Cereal



# Hot Cereal

SIZE | 9.8 oz to 36 oz size packages



**Bran Flakes**



**Crispy Rice**



**Best Yet**  
Original Instant  
Oatmeal



**Essential Everyday**  
Original Instant  
Oatmeal



**Great Value**  
Original Instant  
Oatmeal



**Toasted Oats**



**Corn Flakes**



**Rice Pockets**



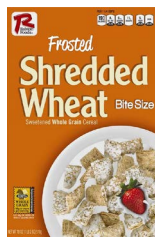
**Malt-O-Meal**  
Hot Wheat Original



**Sunny Select**  
Regular Instant  
Oatmeal



**Essential**  
Everyday  
Raisin Bran



**Ralston**  
Frosted  
Shredded Wheat



**Sunny Select**  
Frosted  
Shredded Wheat



**Quaker**  
Original Instant  
Oatmeal



**Quaker**  
Original  
Instant Grits

### NOT ALLOWED ❌

- Organic
- Other brands, type, size, or flavor

### NOT ALLOWED ❌

- Organic
- Other brands, type, size, or flavor
- Products with added fruits, nuts or sugars



Breakfast Cereal

Breakfast Cereal

# Beans

## Dry Beans, Peas & Lentils

SIZE | 8 oz or larger up to 16 oz

### ALLOWED:

- Mix or single type
- Any Brand

### NOT ALLOWED ☹

- Organic
- Added grains, spices, flavors, or seasoning packets
- Hokkaido (azuki and black soy beans)



## Canned Beans

SIZE | 15 oz - 16 oz

### ALLOWED:

- Any brand
- Any type, including: Blackeye Peas, Lima, Garbanzo, Kidney, and Pinto Beans

### NOT ALLOWED ☹

- Green (sweet) peas
- Products with added sugars, fats, oils or meat

## Fat Free Refried Beans

SIZE | 15 oz - 16 oz

WIC **ALLOWED** brands listed below:



### NOT ALLOWED ☹

- Products with added sugars, fats, oils or meat
- Other brands or sizes

# Peanut Butter

SIZE | 16 oz - 18 oz container

### ALLOWED:

- Plain, creamy, chunky, extra crunchy, natural, or smooth
- Any Brand (except those listed below)



### NOT ALLOWED ☹

- Organic
- Peanut butter spreads
- Reduced-fat
- Powdered
- Added chocolate, flavors, honey, jam or jelly
- FIFTY50 and PB2 brands

## Breastfeeding

Breastfeeding is a great way to support the growth of your child while nurturing a bond that will last a lifetime.

Mother's milk has all a baby needs to grow and stay healthy.



### Mothers

MAY REDUCE RISKS SUCH AS:

- Breast cancer
- Ovarian cancer
- Type 2 diabetes
- Postpartum Depression



### Babies

MAY REDUCE RISKS SUCH AS:

- Obesity
- Lower respiratory infections
- Type 2 diabetes
- SIDS (sudden infant death syndrome)



## The WIC Program provides:

- Breastfeeding peer counselors
- Lactation consultants
- Classes & support groups
- Educational materials

Contact WIC for more information



# Hawaii WIC Program

Changes sometimes happen before we can reprint a new list. Use the FREE WIC app to access the current Approved Food List.

A current copy can also be found and downloaded from the

Hawaii WIC website at:  
[health.hawaii.gov/wic](http://health.hawaii.gov/wic)  
(or scan the QR code at right)



Hard copies of the current version of the Approved Food List can also be requested at your local WIC agency.

**For information, call  
(808) 586-8175.**

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