## Easy Shopping for WIC Guide

### Juice
- **Valu Time White Grape Juice** 64 Oz.
- **Welch’s White Grape Juice** 64 Oz.
- **Juicy Juice Apple Juice** 64 Oz.
- **Food Club Apple Juice** 64 Oz.
- **Food Club Orange Juice** 64 Oz.
- **Valu Time White Grapefruit Juice** 64 Oz.
- **Mott’s Apple Juice** 64 Oz.
- **Food Club Premium Apple Juice** 64 Oz.
- **Food Club Apple Juice** 64 Oz.
- **Mott’s Apple Juice** 64 Oz.
- **Food Club Orange Juice** 64 Oz.

### Cheese
- **American Yellow**
  - Food Club No Reduced Fat 16 Oz.
- **Cheddar**
  - Food Club No Reduced Fat
  - Mild 16 Oz.
  - New York Sharp 16 Oz.
  - New York X-Sharp 16 Oz.
  - Medium 16 Oz.
  - Sharp 16 Oz.
  - X-Sharp 16 Oz.
- **Mozzarella**
  - Food Club No Reduced Fat 16 Oz.
- **Monterey Jack**
  - Food Club No Reduced Fat 16 Oz.
- **Swiss**
  - Food Club No Reduced Fat 16 Oz.

### Milk / Eggs
- **Valu Time Gallon**
- **Food City Half Gallon**
- **Food Club Quart**
- **Valu Time Gallon**
- **Food City Half Gallon**
- **Food Club Quart**

### Fat Free / Skim
- **Valu Time Gallon**
- **Food City Half Gallon**
- **Food Club Quart**

### Lowfat - 1%
- **Valu Time Gallon**
- **Food City Half Gallon**
- **Food Club Quart**

### Whole
- **Valu Time Gallon**
- **Food City Half Gallon**
- **Food Club Quart**

### Enjoy a large selection of fresh Food City fruits and vegetables!
### Frozen Juice
- **Food Club**
  - 12 Oz. Orange
  - 12 Oz. Orange Extra Pulp
  - 12 Oz. Orange Original
  - 12 Oz. Orange Pulp Free

### Grains
- **Washington Mill**
  - 16 Oz. Long Grain

### Virginia Food City Approved WIC Brands

#### Grains
- **Pepperidge Farm** 16 Oz. Whole Wheat
- **Pepperidge Farm** 16 Oz. Thin Sliced Whole Wheat
- **Wonder** 16 Oz. 100% Wheat
- **Nature's Own** 16 Oz. Light Wheat
- **Nature's Own** 16 Oz. 100% Whole Wheat w/Honey
- **Kern's** 16 Oz. 100% Whole Wheat
- **Sara Lee Classic** 16 Oz. 100% Whole Wheat

#### Dried Beans
- **Food Club** 12 Oz. Pinto Beans
- **La Preferida** 16 Oz. Pinto Beans
- **Siler's** 12 Oz. Northern Beans
- **Pinto Beans** Lentils

#### Frozen Juice
- **Food Club** 16 Oz. Orange Pulp Free

### Virginia WIC and Food City help you enjoy most fresh, frozen, and canned fruits & vegetables!

Just look for the WIC logo on shelf tags.

Scan this QR code with your smartphone or tablet to view the online version of this brochure.

For assistance, please contact your Local WIC Clinic at **1.888.942.3663** or use WIC Help Desk email: WICHelpDesk-VDH@cov.virginia.gov

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