

Easy Shopping for WIC Guide



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Cheese



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Juice



Valu Time White Grape Juice 64 Oz.



Food Club **Grape Juice** 64 Oz.



Food Club White Grape Juice 64 Öz.



American Yellow

Food Club No Reduced Fat 16 Oz.



Fat Free / Skim

Lowfat - 1%

Valu Time Gallon



Food City Half Gallon



Food Club Quart



Welch's **Grape Juice** 64 Oz.



Welch's White Grape Juice 64 Oz.



Juicy Juice Apple Juice 64 Oz.







Mozzarella

Food Club

No Reduced Fat 16 Oz.

Whole



Valu Time

Gallon

Valu Time Gallon

Food Club

Large Dozen



Food City

Half Gallon

Food City Half Gallon

Produce



Food Club Quart

Valu Time

Large Dozen

Enjoy a large selection of fresh

Food City fruits and vegetables!



Apple Juice 64 Oz.



Mott's Apple Juice 64 Oz.



Food Club Premium Apple Juice 64 Oz.



Food Club Orange Juice 64 Oz.

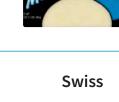


No Reduced Fat

16 Oz.







Food Club No Reduced Fat 16 Oz.



Food Club Apple Juice 64 Oz.



Food Club White Grapefruit Juice 64 Oz.



Orange Juice 64 Oz.



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Frozen Juice







Valu Time 12 Oz. Apple

Valu Time 12 Oz. Orange

Food Club 12 Oz. White Grape



Food Club 12 Oz. Orange Pulp Free



Food Club 12 Oz. Orange Original





Food Club 12 Oz. Orange Extra Pulp

Food Club 12 Oz. Orange with Calcium

Dried Beans



16 Oz. Siler's



Northern Beans Pinto Beans

IN PREFERIDA

16 Oz. La Preferida

Pinto Beans Lentils

Whole Wheat Bread



Pepperidge Farm 16 Oz. Whole Wheat



Wonder 16 Oz. 100% Wheat



Nature's Own 16 Oz. 100% Whole Wheat w/Honey



Kern's 16 Oz. 100% Whole Wheat



Pepperidge Farm 16 Oz. Thin Sliced Whole Wheat



Nature's Own 16 Oz. **Light Wheat**



Sara Lee Classic 16 Oz. 100% Whole Wheat



Roman Meal 16 Oz. 100% Whole Wheat

Tortillas

Brown Rice

Food Club

16 Oz. Long Grain



La Banderita 16 Oz. Corn



Mission 16 Oz. Yellow Corn

Virginia Food City Approved WIC Brands

The Virginia Approved WIC Brands pamphlet can be used with your Virginia WIC Approved Food Shopping Guide. Every time you see the yellow "WIC Approved Item" sticker at the store or in the food shopping guide, you may purchase the specific brand of food. Every store has different WIC approved brands. This guide is Food City specific and is designed to help you even if the yellow sticker is replaced. Items available are not limited to the ones listed in this pamphlet - be sure to look for the WIC logo on shelf tags.



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

Just look for the WIC logo on shelf tags.





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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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