



## Rhode Island WIC Approved Infant Food List - Effective May 4, 2022

Beech-Nut Infant Fruits and Vegetables "Nothing Artificial Added" - Stage 2 (4 oz)	Beech-Nut Infant Fruits and Vegetables "Naturals" - Stage 1 and 2 (4 oz)	Gerber Infant Fruits and Vegetables 2nd Foods "Sitter" - 2 Pack (4 oz each)	Gerber Infant Fruit and Vegetable 2nd Foods "Sitter" Variety Packs (16-4 oz 2packs)
Apples and Bananas	Apple and Blackberry	Apple	Super Blends Fruit & Veggie Purees Variety Pack
Apples and Blueberries	Apple and Kale	Apple and Avocado	Farmers' Favorites Fruit & Veggie Purees Variety Pack
Apples, Mango, and Kiwi	Apple Pumpkin and Cinnamon	Apple and Blueberry	Tropical Adventure Puree Favorites Variety Pack
Apples, Pears, and Bananas	Banana, Blueberry, and Green Bean	Apple and Cherry	<b>Gerber Infant Fruit and Vegetable 2nd Foods "Sitter" Variety Packs (8-4 oz 2 packs)</b>
Apple	Banana, Orange, and Pineapple	Apple, Peach, and Squash	Fruit & Veggies Puree Classics Sampler Pack
Bananas	Bananas	Apple, Strawberry, and Banana	<b>Gerber Infant Meats 2nd Foods "Sitter" (2.5 oz jars)</b>
Bananas and Strawberries	Pear	Apple, Strawberry, and Rhubarb	Beef and Gravy
Corn and Sweet Potatoes	Beets, Pear, and Pomegranate	Apricot and Mixed Fruit	Chicken and Gravy
Garden Vegetables	Butternut Squash	Banana	Ham and Gravy
Green Beans	Carrot, Corn, and Pumpkin	Banana, Apple, and Pear	Trukey and Gravy
Mango	Green Beans	Banana, Blackberry, and Blueberry	<b>Gerber Infant Meats 2nd Foods "Sitter" Variety Packs (12-2.5 oz jars)</b>
Mixed Vegetables	Apple	Banana, Carrot, and Mango	Puree Favorites Variety Pack
Peaches	Apple & Blackberry	Banana and Orange Medley	Puree Classics Variety Pack
Pears	Carrots	Banana, Plum, and Grape	<b>Gerber Infant Meats 2nd Foods "Sitter" Variety Packs (4-2.5 oz jars)</b>
Pears and Pineapples	Guava, Pear, and Strawberry	Butternut Squash	Sampler Pack
Pears and Raspberries	Mango	Carrot	<b>Gerber Infant Cereal (8 oz)</b>
Sweet Potatoes	Mango, Apple, and Avocado	Carrot, Mango, and Pineapple	Multigrain Cereal
Squash	Pear and Blueberry	Carrot, Sweet Potato, and Pea	Oatmeal Cereal
Sweet Carrots	Pineapple, Pear, and Avocado	Green Bean	Rice Cereal
Sweet Peas	Spinach, Zucchini, and Peas	Mango	Whole Wheat
<b>Beech-Nut Infant Meats Stage 1 (2.5 oz)</b>	Peas, Green Beans, and Asparagus	Pea	<b>Gerber Infant Cereal (16 oz)</b>
Beef and Beef Broth	Prunes	Pea, Carrot, and Spinach	Multigrain Cereal
Chicken and Chicken Broth	Sweet Corn and Green Beans	Peach	Oatmeal Cereal
Turkey and Turkey Broth	Sweet Potatoes	Pear	Rice Cereal
<b>Beech-Nut Infant Meats Variety Pack Stage 1 (12-2.5 oz jars)</b>		Pear and Pineapple	
Chicken and Turkey with broth		Pear, Parsnip, and Blueberry	
<b>Beech-Nut Infant Cereal (8 oz)</b>		Pear, Zucchini, and Corn	
Oatmeal Cereal		Prune and Apple	
		Pumpkin	
		Pumpkin and Banana	
		Squash, Apple, and Corn	
		Sweet Potato	
		Sweet Potato, Apple, and Pumpkin	
		Sweet Potato and Corn	
WIC FD001, Revised May 2022		Sweet Potato, Mango, and Kale	