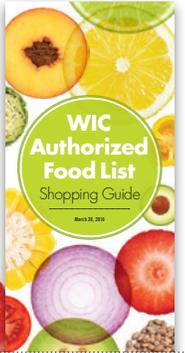




Major Food Changes for March 28, 2016

For all changes, see the March 28, 2016 WIC Authorized Food List Shopping Guide



WIC Authorized Food List Shopping Guide
March 28, 2016

WIC Authorized Food List Shopping Guide

ADDED

Milk

- Evaporated and Powdered Dry Milk must be printed on the check. Can no longer be purchased with fluid milk checks
- 2% reduced fat milk is authorized when printed on the check

Eggs

- DHA-enriched “cannot buy”

Yogurt (New Category!)

- Plain, vanilla, and strawberry yogurt in 32 oz containers are authorized. Participant must buy fat level printed on check. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands, products, and cannot buys

Soy

- Two additional authorized soy milks:
 - » Silk Soymilk Original, refrigerated half gallons
 - » WESTSOY Organic Plus Soymilk Plain, shelf-stable half gallons and quarts

Tofu

- Package size requirement change to 16 oz only. For the list of specifically authorized brands and products for these brands, see the March 28, 2016 WIC Authorized Food List Shopping Guide

Canned Fish

- **Canned Mackerel (New Option!):** 15 oz cans packed in water or tomato sauce. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of cannot buys

Whole Grains

- **Whole Wheat Bread:** Can buy any brand (including store-bakery products) in 16 oz package that has “100% Whole Wheat” printed on the front label
- **Whole Wheat Tortillas:** Can only buy authorized products listed in the March 28, 2016 WIC Authorized Food List Shopping Guide
- **Corn Tortillas:** Can only buy authorized products listed in the March 28, 2016 WIC Authorized Food List Shopping Guide
- **Whole Wheat Pasta (New Option!):** Non-organic and organic in 16 oz packages are authorized. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands and products

Breakfast Cereal

- Various Crisp(y) Rice and Instant Oatmeal/Oats brands. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands

Fruits and Vegetables

- Canned fruits mixed with canned vegetables as canned fruits when a fruit is listed as the first ingredient
- Canned vegetables mixed with canned fruits as canned vegetables when a vegetable is listed as the first ingredient
- Frozen fruits mixed with frozen vegetables as frozen fruits when a fruit is listed as the first ingredient
- Frozen vegetables mixed with frozen fruits as frozen vegetables when a vegetable is listed as the first ingredient
- Frozen and canned potatoes without added fats and oils

Infant Cereal

- Various brands and products. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands and products

Infant Fruits and Vegetables and Infant Meats

- Can only buy products meeting requirements from the authorized brands listed in the March 28, 2016 WIC Authorized Food List Shopping Guide

REMOVED

Eggs

- Stress-Free “cannot buy”

Canned Fish

- **Tuna:** 6 oz cans

Breakfast Cereal

- Mill Select Toasted Corn Flakes and Oat Bran
- Various Crisp(y) Rice and Instant Oatmeal/Oats brands. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands

Fruits and Vegetables

- Frozen and canned potato “cannot buys”

Infant Cereal

- O Organics Organic Rice
- Gerber Barley, Mixed Grain, and Organic Brown Rice



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