

Find your WIC Foods During the COVID-19 Pandemic

CDPH/WIC wants to make sure you can find the foods you need for you and your family while shopping. Follow these easy steps:

Step 1. Look for the WIC foods in your Food Balance. Check your Shopping Guide or use your WIC App. Always choose these foods first.

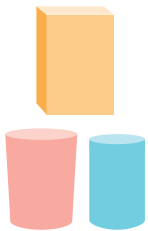
Step 2. When your WIC food is not available, you may choose another food from the list below.

Use your WIC App (download at the Google Play Store or Apple App Store) to scan for new foods using the information here.



Food Category

New Choices



Container Size Helpful Hint

Always try to come as close to the maximum benefit amount issued to you when selecting package sizes. You may not buy container sizes larger than available in your Food Balance, except for whole grains.



Milk

- Added sizes: quart, half gallon, or .75 gallon (96 oz)
- Cultured milks, such as acidophilus milk, buttermilk, or kefir milk
- Specialty milks, such as calcium-fortified milk, milk with added DHA, Ultra Heat Treated (UHT) shelf-stable milk, A2 milk, ultra-filtered milk, or protein-fortified milk
- Organic milk



New Food!

Goat's milk

- Goat's milk in quarts or half gallons
- Must be pasteurized
- May be purchased using the cow's milk benefit
- Organic goat's milk



Yogurt

- Added sizes: 2 oz, 4 oz, or 16 oz
- Multipacks
- Additional brands
- Added flavors
- Greek yogurt
- Yogurt with artificial, reduced-calorie, or no-calorie sweeteners
- Organic yogurt



Cheese

- Added sizes: 8 oz or 32 oz
- Added varieties: Swiss, Muenster, Provolone, or process American
- Sliced or shredded cheese
- Organic cheese



Tofu

- Added sizes: 8 oz or 32 oz
 - » When 16 oz is not available: 14–15.9 oz
- Added brands



Soy

- Added sizes: .75 gallon (96 oz) or 1 gallon
- Added brands
- Flavored soy, such as vanilla



Juice: Bottled

- Any flavor juice that is 100% juice
- Any juice with at least 80% daily value vitamin C per serving
- Added sizes: 48 oz, 96 oz, or 128 oz
- Organic juice



Juice: Concentrate

- Any flavor juice that is 100% juice
- Any juice with at least 80% daily value vitamin C per serving
- Organic juice

New Food!



**Juice:
Refrigerated**

- Sizes: 48 oz, 64 oz, 96 oz, or 128 oz
- Any flavor juice that is 100% juice
- Any juice with at least 80% daily value vitamin C per serving
- Organic juice



Eggs

- Added sizes: half dozen (carton of 6) or 1.5 dozen (carton of 18)
- Brown eggs
- Some types of specialty eggs, such as cage-free, vitamin-enriched, low cholesterol, or DHA-enriched eggs
- Organic eggs



**Breakfast Cereal:
Whole Grain
and Others**

- Added whole grain cereals
- Organic whole grain cereals



**Breakfast Cereal:
Instant Oatmeal**

- Added brands
- Organic instant oatmeal



**Breakfast Cereal:
Crisp(y) Rice**

- Added brands
- Organic crisp(y) rice



**Fruits and Vegetables
(Fresh and Processed)**

- Products with artificial, reduced-calorie, or no-calorie sweeteners
- Canned fruit cocktail
- Tomato sauce
- Salsa



Whole Grains Helpful Hint

When 16 oz containers are not available, you may choose 14–24 oz containers. No matter what size you choose, 16 oz will be subtracted from your Food Balance.



Whole Wheat Bread

- Added sizes when 16 oz not available: 14–24 oz containers
- Bread without “100% Whole Wheat” on the front label
- Bread with artificial, reduced-calorie, or no-calorie sweeteners
- Organic bread



New Food!

Whole Grain Bread

- Size: 16 oz
 - » When 16 oz is not available: 14–24 oz containers
- Bread without “100% Whole Grain” on the front label
- Bread with artificial, reduced-calorie, or no-calorie sweeteners
- Organic bread



Whole Grain Options

- Added sizes when 16 oz not available: 14–24 oz containers
- Added brands for corn and whole wheat tortillas and whole wheat pasta
- Products with artificial, reduced-calorie, or no-calorie sweeteners
- Organic corn and whole wheat tortillas, organic oatmeal, and organic brown rice



Canned Fish

- Canned fish packed in oil
- Canned fish packed in any sauce
- Organic canned fish



Beans Helpful Hint

Four 16 oz cans of beans = one 16 oz container dry beans



Dry Beans, Peas, or Lentils

- Added size: 32 oz
- Can buy canned beans with dry beans benefit. See Canned Beans section below



Canned Beans

- You can buy canned beans if you have either dry or canned beans in your food benefits
- Fat-free refried canned beans
- Baked beans
- Organic canned beans



Peanut Butter

- Added size: 36 oz
- Organic peanut butter



Infant Cereal

- Added size: 32 oz
- Added brands and types



Infant Fruits and Vegetables Helpful Hint

- To get the most infant fruits and vegetables, buy 2 oz or 4 oz containers



Infant Fruits

- Added sizes: 2 oz or 3.5 oz
- Added brands
- Infant fruits sold in pouches



Infant Vegetables

- Added sizes: 2 oz or 3.5 oz
- Added brands
- Infant vegetables sold in pouches



Infant Meats

- Added brands
- Infant meats sold in pouches



California Department of Public Health, California WIC Program

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