## Major Food Changes

**New! April 2, 2019**

### WIC Authorized Food List Shopping Guide

**Added**

- **Milk**
  - Cultured Milks “cannot buy”
  - Specialty Milks “cannot buy”

- **Cheese**
  - Must be pasteurized
  - Yellow cheddar

- **Yogurt**
  - Various brands and products

- **Soy**
  - Great Value Soymilk Original, refrigerated half gallons
  - Unsweetened soy “cannot buy”

- **Tofu**
  - Bulk (not pre-packaged) “cannot buy”

- **Whole Grains**
  - Bulk (not pre-packaged) “cannot buy”
  - Corn Tortillas, Whole Wheat Tortillas, and Whole Wheat Pasta:
    - Various brands and products

- **Peanut Butter**
  - Flax seed “cannot buy”

- **Dry Beans, Peas, or Lentils**
  - Bulk (not pre-packaged) “cannot buy”

- **Fruits and Vegetables**
  - Dried Fruits in bulk (not pre-packaged) “cannot buy”

- **Infant Fruits and Vegetables**
  - Various brands

- **Infant Cereal**
  - Various brands and products

- **Infant Meats**
  - Various brands

### Removed

- **Yogurt**
  - Various brands and products

- **Soy**
  - WESTSOY shelf-stable half gallons

- **Tofu**
  - All Wo Chong products

- **Whole Grains**
  - Brown Rice, Bulgur, Oatmeal, and Whole Grain Barley:
    - Bulk
  - Corn Tortillas, Whole Wheat Tortillas, and Whole Wheat Pasta:
    - Various brands and products

- **Dry Beans, Peas, or Lentils**
  - Bulk

- **Breakfast Cereal**
  - Mill Select Early On Puffed Wheat

- **Fruits and Vegetables**
  - Dried Fruits in bulk

- **Infant Fruits and Vegetables**
  - 3.5 oz containers
  - Various brands

- **Infant Cereal**
  - Various brands and products

- **Infant Meats**
  - Various brands