

Major Food Changes

New! April 2, 2019
WIC Authorized
Food List
Shopping Guide



For all changes,
see the 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

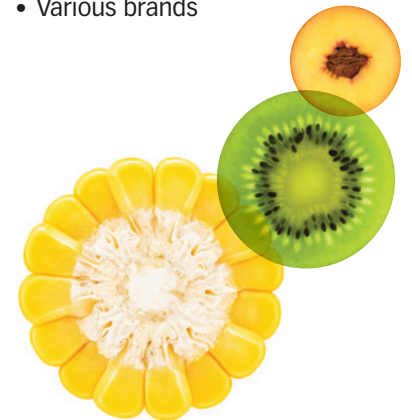
- 3.5 oz containers
- Various brands

Infant Cereal

- Various brands and products

Infant Meats

- Various brands



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04/19

