A picture containing drawing

Description automatically generatedEXPANDED VERMONT WIC FOOD OPTIONS DURING COVID-19

The COVID-19 pandemic has made it harder to find some items in the grocery store, including some WIC foods. To help families during this time, Vermont WIC is **temporarily expanding WIC-approved foods** in the following categories:

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| **Whole Grains**  More whole wheat and whole grain bread options in sizes up to 24 oz\*  New **16 oz oatmeal** option as a whole grain\*  \*See Whole Grain Section for images and brands | **Eggs**  WIC-approved eggs now include **Extra-large** and **Jumbo sizes** and enhanced eggs.  Any brand    **No Organic** | **Milk**  **2% milk** is now WIC-approved for women and children 2-5 years old who have 1% or skim on their food package.  A picture containing indoor, sitting, computer, refrigerator  Description automatically generatedAny brand |
| **Cheese**  WIC-approved cheese now includes **8 oz** and **16 oz** package size shredded Mozzarella, Cheddar, Monterey Jack, Colby and Muenster cheese in previously approved brands. | **Breakfast Cereal**  New cereals  Kellogg's Special K  - Banana  Frosted Mini-Wheats  - Blueberry  - Strawberry  Quaker’s Oatmeal Squares  - Honey Nut  Life  - Vanilla  - Strawberry | **Juice**  WIC-approved juice now includes **shelf stable organic juices** and **frozen store brand apple and grape** 11.5oz—12oz cans |
| **Infant Foods**  WIC-approved infant foods now include Nature’s Heart 4oz Organic Infant Fruits |
| **Tofu**  WIC-approved tofu now includes 16oz Heiwa organic tofu |

A close up of a sign

Description automatically generatedIn the store and not sure if it’s a new WIC-approved food? Try the [WIC Shopper App](https://ebtshopper.com/download/) to scan the bar code, then compare to YOUR family food benefit list to double check.

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| **\*Whole Grain Options** | | | |
| **Oatmeal - 16 oz size**  **16 oz Oatmeal counts as a Whole Grain Option (not Breakfast Cereal)** | | | |
| **Better Oats**  Organic Quick Oats  UPC: 042400197553  Old Fashioned Oats  UPC: 042400197560 | **Mom's Best**  Old Fashioned Oats  UPC: 883978152854    Quick Oats  UPC: 042400016922 | | **McCann's Irish**  Quick Cooking  UPC: 072463000217    Steel Cut  UPC: 072463000309 |
| **Bread**  **Temporary Size Options During COVID 19:** | | | |
| **Nature’s Own**  100% Whole Wheat  Size: 20 oz  UPC: 072250037129  100% Whole Wheat  Hamburger Buns  Size: 15 oz  UPC: 072250003988  100% Whole Wheat Hotdog Buns  Size: 13 oz  UPC: 072250004862 | **Arnold**  100% Whole Wheat  Size: 24 oz  UPC: 073410013755    Country 100% Whole Wheat  Size: 24 oz  UPC: 073410013502  100% Whole Wheat Sandwich Thins  Size: 12 oz  UPC: 073410955758 | | **Vermont Bread Company**  Soft Whole Wheat Bread  Size: 24 oz  UPC: 025911300018    100% Whole Wheat Burger Buns  Size: 16 oz  UPC: 025911013307    100% Whole Wheat Hot Dog Buns  Size: 16 oz  UPC: 025911013321 |
| **Sara Lee**  100% Whole Wheat  Size: 20 oz  UPC: 72945601345 | **Freihofer’s**  100% Whole Wheat  Size: 24 oz  UPC: 071330601496 | | **Pics by Price Chopper**  Whole Wheat Bread  Size: 24 oz  UPC: 041735090362 |
| **Open Nature**  100% Whole Wheat  Size: 24 oz  UPC: 079893111544 | **Signature Select**  Stonegound Wheat  Size: 24 oz  UPC: 021130119745 | |  |
| **Pepperidge Farms**    Farmhouse 100% Whole Wheat  Size: 24 oz  UPC: 014100082774  Whole Grain 15 Grain Bread  Size: 24 oz  UPC: 014100085980 | Whole Grain 100% Whole Wheat  Size: 24 oz  UPC: 014100085997    Whole Grain German Dark Wheat  Size: 24 oz  UPC: 0141006962    100% Whole Wheat Hamburger Buns  Size: 14.5 oz  UPC: 014100087861 | | Whole Grain Honey Wheat  Size: 24 oz  UPC: 014100085973    Whole Grain Oatmeal  Size: 24 oz  UPC: 014100088219    Whole Grain Soft Sprouted Grain  Size: 22 oz  UPC: 014100048565 |
| **Tortillas and Whole Wheat Pasta**  **New Items added:** | | | |
| **Tortillas**  **Tia Rosa**  100% Whole Wheat Tortillas  Size: 16 oz  UPC: 703965068008 | | **Whole Wheat Pasta**  **Nature’s Promise**  Whole Wheat Penne  Size: 16 oz  UPC: 688267204302  Whole Wheat Thin Spaghetti  Size: 16 oz  UPC: 688267204296 | |
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Helpful Resources Located on WIC Program Website - <https://www.healthvermont.gov/family/wic>

[WIC Foods Guide](https://www.healthvermont.gov/family/wic/shopping-wic)

[WIC Program and Shopping Guide](https://www.healthvermont.gov/sites/default/files/documents/pdf/cyf_WIC_program_guide.pdf)

[Download the Shopper App](https://ebtshopper.com/download/)

WIC is here for you and we thank you for your patience during this challenging time.