



New foods are always being added to WIC! This list is a supplement to the items found in the approved food book.

CEREAL

Kellogs: Frosted or Unfrosted Mini-Wheats—Touch of Fruit; Special K—Honey Almond Ancient Grains; Special K Original—Touch of Cinnamon

Malt-O-Meal: COCO Wheats

New Store Brands: That’s Smart

Post Alpha-Bits are NO LONGER approved for WIC

YOGURT

32 oz Whole

Lucerne: Plain, Vanilla, Strawberry

Mountain High: Plain, Vanilla

32 oz Whole Greek

Fareway: Plain

32 oz Low Fat

Lucerne: Plain

32 oz Low Fat Greek

Two Good: Plain



This Institution is an equal opportunity provider.



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64 OUNCE BOTTLED 100% JUICE

Apple Juice: Corner Store, Signature Select

Blended Fruit Juice: Mott's blends, Our Family, Welch's, Signature Select

Grape Juice: Shurfine, Signature Select

Pineapple Juice: Signature Select

Tomato/Vegetable Juice: Signature Select

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WHOLE GRAINS, PEANUT BUTTER/BEANS, FISH, MILK, CHEESE, TOFU, EGGS, INFANT FOODS (CEREAL, JARRED FOODS)

Food Flyer Current

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