



EXPANDED 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 Milk and Whole Grain categories.

Milk	 <p>In the store and not sure if it is a new WIC-approved food? Try the WIC Shopper App to scan the bar code, then compare to YOUR family food benefit list to double check.</p> <p>Helpful Resources: Vermont WIC Website: www.healthvermont.gov/wic Vermont WIC Foods Vermont WIC Program and Shopping Guide</p>
<p>2% milk is temporarily WIC-approved for women and children 2-5 years old who have 1% or skim on their food package.</p> <ul style="list-style-type: none"> - Any brand - No Organic 	

Bread

Temporary Size Options During COVID-19

If you cannot find a 16 ounce WIC bread, you may choose one of the options below. Regardless of the size, one of these breads will only count as 16 ounces towards your Whole Grain benefit.

<p>Nature's Own 100% Whole Wheat Size: 20 oz UPC: 072250037129</p>  <p>100% Whole Wheat Hamburger Buns Size: 15 oz UPC: 072250003988</p>  <p>100% Whole Wheat Hotdog Buns Size: 13 oz UPC: 072250004862</p> 	<p>Arnold 100% Whole Wheat Size: 24 oz UPC: 073410013755</p>  <p>Country 100% Whole Wheat Size: 24 oz UPC: 073410013502</p>  <p>100% Whole Wheat Sandwich Thins Size: 12 oz UPC: 073410955758</p> 	<p>Vermont Bread Company Soft Whole Wheat Bread Size: 24 oz UPC: 025911300018</p>  <p>100% Whole Wheat Hamburger Buns Size: 16 oz UPC: 025911013307</p>  <p>100% Whole Wheat Hot Dog Buns Size: 16 oz UPC: 025911013321</p> 
<p>Sara Lee 100% Whole Wheat Size: 20 oz UPC: 72945601345</p> 	<p>Freihofer's 100% Whole Wheat Size: 24 oz UPC: 071330601496</p> 	<p>Pics by Price Chopper Whole Wheat Bread Size: 24 oz UPC: 041735090362</p> 
<p>Open Nature 100% Whole Wheat Size: 24 oz UPC: 079893111544</p> 	<p>Signature Select Stoneground Wheat Size: 24 oz UPC: 021130119745</p> 	<p>Hannaford 100% Whole Wheat Bread Size: 24 oz UPC: 041268193400 WG 100% Whole Wheat Size: 24 oz UPC: 041268206261</p> 
<p>Pepperidge Farms Farmhouse 100% Whole Wheat Size: 24 oz UPC: 014100082774</p>  <p>Whole Grain 15 Grain Bread Size: 24 oz UPC: 014100085980</p> 	<p>Whole Grain 100% Whole Wheat Size: 24 oz UPC: 014100085997</p>  <p>Whole Grain German Dark Wheat Size: 24 oz UPC: 0141006962</p>  <p>100% Whole Wheat Hamburger Buns Size: 14.5 oz UPC: 014100087861</p> 	<p>Whole Grain Honey Wheat Size: 24 oz UPC: 014100085973</p>  <p>Whole Grain Oatmeal Size: 24 oz UPC: 014100088219</p>  <p>Whole Grain Soft Sprouted Grain Size: 22 oz UPC: 014100048565</p> 

WIC IS HERE FOR YOU AND WE THANK YOU FOR YOUR PATIENCE DURING THIS CHALLENGING TIME.