

WIC WOMEN
INFANTS
CHILDREN

VERMONT DEPARTMENT OF HEALTH

VERMONT WIC FOODS

Effective October 2022-September 2023



**Additions to the Vermont WIC
Foods Guide dated October 2021**

Vermont WIC Program
Vermont Department of Health
108 Cherry Street, PO Box 70
Burlington, VT 05402

healthvermont.gov/wic

wic@vermont.gov

800-649-4357

802-863-7333

This institution is an equal opportunity provider.

Eggs

✓ WIC-Approved

- Organic

⊘ Do not buy

- Organic

Now Approved

Dozen, Any Size



Any Brand

Milk

✓ WIC-Approved

- Enhanced
- Organic

⊘ Do not buy

- Enhanced
- Organic

Now Approved

Fluid

Gallon, 1/2 gallon, quart



- Whole: For children 12–24 months
- Low-fat (1%) or nonfat (skim)

Organic Milk Brands Allowed



Full Circle



Horizon



Nature's Promise



O Organics



Organic Valley



Stonyfield Organics

⚠ Fortification Guidelines

- **Whole milk** must contain 400 International Units (IU) of vitamin D per quart (100 IU per cup).
- **Low-fat (1%) and nonfat (skim) milk** must contain 2000 IU of vitamin A per quart (500 IU per cup).

Yogurt



New Brand

Activa

- Any flavor



New Flavor

Dannon

- Light & Fit Greek: Plain

Tortillas



New Brand

Pics

- Corn
- Whole Wheat

Hot Cereal



New Variety

Cream of Wheat

- Instant Original
- 12.7 oz
- Instant Whole Grain
- 12 oz

Cold Cereal

New Brands and Flavors

8.9-36 ounces

Pics



Honey Oats & Flakes with Almonds

Post



Honey Bunches of Oats

Grain Berry



Grain Berry

- Cinnamon Bunches
- Multi-Bran Flakes

That's Smart



That's Smart

- Crisp Rice

Child's Juice Shelf-stable

More Brands and Flavors

64 ounce bottles



Great Value

- Pineapple
- Pear
- Mango
- Cranberry Pomegranate



Hannaford

- 100% Cherry Juice Blend
- Cranberry Juice
- Hot and Spicy Vegetable Juice
- Pineapple Juice
- Tomato Juice



Ocean Spray

- Cranberry Elderberry Juice



That's Smart

- Grape Juice



Welch's

- Orange Pineapple Apple
- Grape Juice with Fiber

Infant Cereal

8 ounce packages



New Flavor

Beech Nut

- Golden Corn

Infant Fruits and Vegetables

Single 4 ounce



New Brand

O Organics

New Cash Value Benefit Amounts for Fruits and Vegetables

- **Children:** \$25 per month
- **Pregnant/Postpartum:** \$44 per month
- **Breastfeeding:** \$49 per month