








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 following categories:

Updated October 2020

<p>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</p>	<p>Eggs WIC-approved eggs now include Extra-large and Jumbo sizes and enhanced eggs. Any brand</p>  <p>No Organic</p>	<p>Milk 2% milk is now WIC-approved for women and children 2-5 years old who have 1% or skim on their food package. Any brand</p>  <p>No Organic</p>
<p>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.</p> 	<p>Breakfast Cereal New cereals Kellogg's Special K - Banana Frosted Mini-Wheats - Blueberry - Strawberry Quaker's Oatmeal Squares - Honey Nut Life - Vanilla - Strawberry</p> 	<p>Juice WIC-approved juice now includes frozen store brand apple and grape 11.5oz—12oz cans</p>  <p>No Organic</p>
<p>Tofu WIC-approved tofu now includes 16oz Heiwa organic tofu</p> 	<p>Infant Foods WIC-approved infant foods now include Nature's Heart 4oz Organic Infant Fruits</p> 	



In the store and not sure if it's 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.

*Whole Grain Options		
Oatmeal - 16 oz size		
16 oz Oatmeal counts as a <u>Whole Grain Option</u> (not Breakfast Cereal)		
<p>Better Oats Organic Quick Oats UPC: 042400197553</p>  <p>Old Fashioned Oats UPC: 042400197560</p> 	<p>Mom's Best Old Fashioned Oats UPC: 883978152854</p>  <p>Quick Oats UPC: 042400016922</p> 	<p>McCann's Irish Quick Cooking UPC: 072463000217</p>  <p>Steel Cut UPC: 072463000309</p> 

Bread

Temporary Size Options During COVID 19




If you cannot find a 16 oz WIC bread, you may choose one of the below options

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 Burger 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>Pepperidge Farms</p> <p>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> 

Tortillas and Whole Wheat Pasta

New Items added:

<p>Tortillas Tia Rosa 100% Whole Wheat Tortillas Size: 16 oz UPC: 703965068008</p> 	<p>Whole Wheat Pasta Nature's Promise Whole Wheat Penne Size: 16 oz UPC: 688267204302</p>  <p>Whole Wheat Thin Spaghetti Size: 16 oz UPC: 688267204296</p> 
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Helpful Resources Located on WIC Program Website - <https://www.healthvermont.gov/family/wic>
[WIC Foods Guide](#)

[WIC Program and Shopping Guide](#)

[Download the Shopper App](#)

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