

For all changes,  
see the March 28, 2016  
WIC Authorized Food List  
Shopping Guide

# WIC Authorized Food List Shopping Guide

ADDED

## Milk

- Evaporated and Powdered Dry Milk must be printed on the check. Can no longer be purchased with fluid milk checks
- 2% reduced fat milk is authorized when printed on the check

## Eggs

- DHA-enriched "cannot buy"

## Yogurt (New Category!)

- Plain, vanilla, and strawberry yogurt in 32 oz containers are authorized. Participant must buy fat level printed on check. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands, products, and cannot buys

## Soy

- Two additional authorized soy milks:
  - » Silk Soymilk Original, refrigerated half gallons
  - » WESTSOY Organic Plus Soymilk Plain, shelf-stable half gallons and quarts

## Tofu

- Package size requirement change to 16 oz only. For the list of specifically authorized brands and products for these brands, see the March 28, 2016 WIC Authorized Food List Shopping Guide

## Canned Fish

- **Canned Mackerel (New Option!):** 15 oz cans packed in water or tomato sauce. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of cannot buys

## Whole Grains

- **Whole Wheat Bread:** Can buy any brand (including store-bakery products) in 16 oz package that has "100% Whole Wheat" printed on the front label
- **Whole Wheat Tortillas:** Can only buy authorized products listed in the March 28, 2016 WIC Authorized Food List Shopping Guide
- **Corn Tortillas:** Can only buy authorized products listed in the March 28, 2016 WIC Authorized Food List Shopping Guide
- **Whole Wheat Pasta (New Option!):** Non-organic and organic in 16 oz packages are authorized. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands and products

## Breakfast Cereal

- Various Crisp(y) Rice and Instant Oatmeal/Oats brands. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands

## Fruits and Vegetables

- Canned fruits mixed with canned vegetables as canned fruits when a fruit is listed as the first ingredient
- Canned vegetables mixed with canned fruits as canned vegetables when a vegetable is listed as the first ingredient
- Frozen fruits mixed with frozen vegetables as frozen fruits when a fruit is listed as the first ingredient
- Frozen vegetables mixed with frozen fruits as frozen vegetables when a vegetable is listed as the first ingredient
- Frozen and canned potatoes without added fats and oils

## Infant Cereal

- Various brands and products. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands and products

## Infant Fruits and Vegetables and Infant Meats

- Can only buy products meeting requirements from the authorized brands listed in the March 28, 2016 WIC Authorized Food List Shopping Guide

REMOVED

## Eggs

- Stress-Free "cannot buy"

## Canned Fish

- **Tuna:** 6 oz cans

## Breakfast Cereal

- Mill Select Toasted Corn Flakes and Oat Bran
- Various Crisp(y) Rice and Instant Oatmeal/Oats brands. See the March 28, 2016 WIC Authorized Food List Shopping Guide for list of authorized brands

## Fruits and Vegetables

- Frozen and canned potato "cannot buys"

## Infant Cereal

- O Organics Organic Rice
- Gerber Barley, Mixed Grain, and Organic Brown Rice



California Department of Public Health, California WIC Program  
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# Families Grow Healthy with

## FREE SERVICES

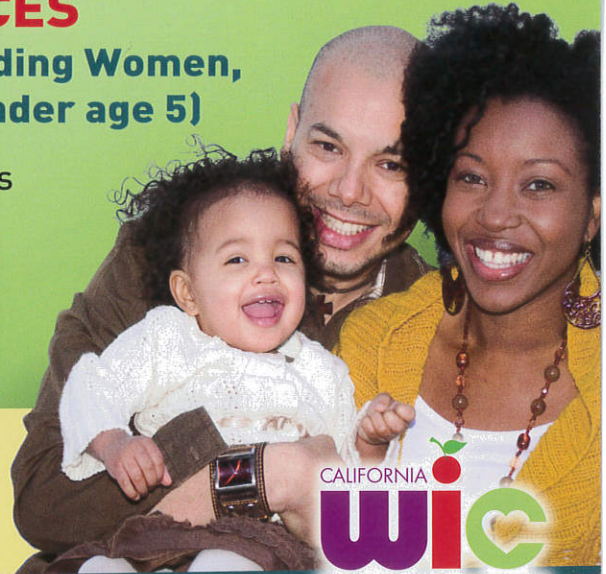
**For Pregnant & Breastfeeding Women,  
Infants and Children (under age 5)**

- Checks for Nutritious Foods
- Nutrition Education
- Breastfeeding Support
- Referrals to other  
Community Services

Call to see if you qualify!

**(310) 661-3080**

SLAHP WIC Program



This institution is an equal opportunity provider.

# Familias Crecen Sanas con **wic**

## **SERVICIOS GRATUITOS**

**Para Embarazadas & Mamas Lactando,  
Niños Menores de 5 años**

- Cheques para Comidas Saludables
- Información de Nutrición
- Apoyo a la Lactancia
- Referencias a otros Servicios Comunitarios

¡Llame para saber si es elegible!

**(310) 661-3080**

SLAHP WIC Program



Esta institución provee igualdad de oportunidades.



# WIC



Good for Mothers, Good for Children



## NO COST SERVICES

For pregnant and breastfeeding women, women who have had a recent pregnancy loss, infants and children (under age 5).

- Checks for healthy foods
- Nutrition education
- Breastfeeding support
- Referrals to other community services

Call to see if you qualify!

**(888) 942-2229**

PHFE WIC PROGRAM  
[www.phfewic.org](http://www.phfewic.org)

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# WIC



Tan saludable para la mamá, como para los hijos



## SERVICIOS SIN COSTO

Para embarazadas, mamás lactando, mujeres que han tenido una pérdida de embarazo reciente y niños (menores de 5 años).

- Cheques para alimentos saludables
- Información de nutrición
- Apoyo para la lactancia
- Referencias a servicios comunitarios

¡Llame para saber si es elegible!

**(888) 942-2229**

**PHFE WIC PROGRAM**  
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Esta institución es un proveedor que ofrece igualdad de oportunidades.

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