

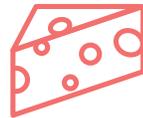
NOW YOU HAVE EVEN MORE HEALTHY WIC FOOD CHOICES!

As of **November 1, 2022**, you'll have even more nutritious, delicious WIC approved foods to choose from. Check the new WIC Shopping Guide for more details, but here are some healthy additions your family is sure to love:



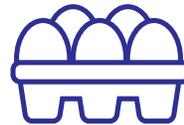
YOGURT

- 32 oz *Fage Greek* yogurt
- *Activia* 4 oz four-packs (except 60 calories)
- *Yoplait* 4 oz eight-packs



CHEESE

- 8 oz packages
- Sliced cheese, Swiss cheese, and all types of cheddars



EGGS

- Cage-free eggs



BABY FOODS

- Organic options

SCAN TO VIEW
UPDATED GUIDE



bit.ly/WICGuide



WHOLE WHEAT/ WHOLE GRAIN FOODS

- New category: 16-32 oz containers of oats - quick, old-fashioned or gluten-free
- 16 oz *Frescados* corn tortillas
- 16 oz *Good & Gather* whole wheat pasta



JUICE

- 48 oz and 64 oz *Apple & Eve*, Original and Sesame Street (all flavors)
- 64 oz *Ocean Spray* (all flavors)
- 64 oz *That's Smart store* brand juices



FISH

- 15 oz cans of mackerel
- Fish in brine and/or with added flavorings such as lemon or herbs are now allowed



CEREAL

- Cereal sizes - now 8 oz and larger
- *Multigrain Cheerios with Strawberries* and *Post Great Grains Crunchy Pecan cereals*

This institution is an equal opportunity provider.

