

# WIC Approved Foods Booklet– Highlights of Changes

Effective November 1, 2016

## Fruits and Vegetables

Allowed:	Applesauce with cinnamon (no added sugar) Fruits and vegetables combined in the booklet into the categories <i>Fresh, Canned, and Frozen</i>
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## Juice

Allowed:	48 oz. and 64 oz. separated to clearly show availability to women and children Added: 48 oz. and 64 oz. Apple & Eve, 64 oz. Motts Apple Juice Additional store brand apple juice listed
Not Allowed:	Juice box option removed

## Beans, Peas, Lentils, Peanut Butter

Allowed:	The word <i>Mature</i> was removed
Not Allowed:	<i>Spread</i> listed as the first Not Allowed option under peanut butter with brand specific examples

## Cereal

Allowed:	Addition: Post Honey Bunches of Oats Whole Grain Honey Crunch and Almond Crunch, Sunbelt Bakery Simple Granola, and Kellogg's Unfrosted Mini Wheats Allowed store brands listed
Not Allowed:	Removed: General Mills Dulce de Leche Cheerios, Kellogg's Mini Wheats- Big-Bite and Gluten free Rice Krispies
Change:	Kellogg's Mini Wheats- Touch of Fruit removed from the booklet, but will remain allowed as long as available in store

## Whole Wheat, Whole Grain Foods

Allowed:	Brown Rice: 14-16 oz. Corn Tortillas: 16 oz. package, only specific brands listed Whole Wheat Tortillas: 16 oz. package, only specific brands listed* Whole Wheat Pasta: 16 oz. package, only specific brands listed
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\*Brands of whole wheat tortillas no longer eligible include: Bucky Badger, Chi Chi's, El Rey

## Milk, Soy Milk, Yogurt, Cheese, Eggs, Canned Fish

Allowed:	Lactose Free Milk: Addition of 3-quart (96 oz.) container size Soy Milk: Addition of Silk Original and Great Value Yogurt: Only for Children ages 2-4 years, 32 oz. container, low-fat or fat free, only specific brands listed
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## Infant Foods

Allowed:	Only specific brands listed
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State of Wisconsin Department  
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