

## Additional WIC Items

WIC is allowing additional package sizes for bread and tofu.

Whole grain benefits will be deducted equal to the actual package size.

Each package of tofu is deducted as one container.

Food Type	New Items Added
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**Whole Wheat Breads**

**Allowed sizes expanded to include**

Packages less than 16 oz. or 20-24 oz. approved brands:

Examples of approved brands:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Aunt Millie's</li> <li>• Best Choice</li> <li>• Brownberry*</li> <li>• Butternut</li> <li>• Country Hearth</li> <li>• Great Value (Walmart)</li> <li>• Hy-Vee</li> <li>• Kroger (Pick N Save, Metro Mart, Copps stores)*</li> </ul> | <ul style="list-style-type: none"> <li>• Lewis Bake Shop*</li> <li>• Our Family</li> <li>• Pepperidge Farm</li> <li>• Private Selection (Pick 'N Save, Metro Mart, Copps)</li> <li>• Sara Lee</li> <li>• Village Hearth*</li> </ul> |
|--|---|

\*Brands offering packages less than 16 oz.

Check your benefit balance. Examples using the additional bread sizes for your whole grain purchases. See other whole grain options in the [WIC Shopping Guide](#).

**Examples:**

- 24 oz. bread + 24 oz. bread + 16 oz. brown rice = 64 oz.
- 20 oz. bread + 14 oz. buns + 14 oz. instant brown rice = 48 oz.
- 16 oz. bread + 16 oz. pasta + 16 oz. corn tortillas = 48 oz.
- 24 oz. bread + 24 oz. bread = 48 oz.
- 20 oz. bread + 24 oz. bread = 44 oz.
- 12 oz. bread + 20 oz. bread = 32 oz.



**Tofu**

**Substitutions for 16 oz:**

12-16 oz. packages, any type, Organic is not allowed.

- Azumaya
- Frieda's
- House Foods
- Mori-Nu
- Nasoya
- Westsoy
- Wildwood

**Call your local clinic if you have any questions.**

