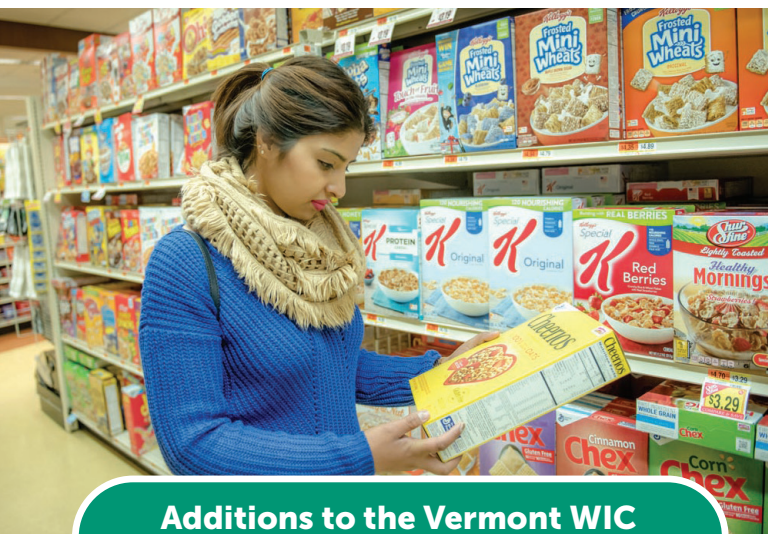


VERMONT WIC FOODS

Effective October 2020 - September 2021



Additions to the Vermont WIC Foods Guide dated October 2019

Vermont WIC Program
Vermont Department of Health
108 Cherry Street, PO Box 70
Burlington, VT 05402

healthvermont.gov/wic

wic@vermont.gov
800-649-4357
802-863-7333

Oatmeal

Whole Grains:
New Option

✓ WIC-Approved

- 16 oz and 32 oz packages
- Instant, Quick, Rolled, Steel-cut, Old-fashioned
- Organic allowed

⊘ Do not buy

- Individual packets
- Bulk
- Added sugar, fat, oil, salt or flavoring

16 ounce packages



Bob's Red Mill

- Rolled Oats



McCann's Imported Irish Oatmeal

- Quick & Easy Steel Cut
- Quick Cooking Rolled Oats



Mom's Best Cereal

- Quick Oats

32 ounce packages

Bob's Red Mill

- Gluten-free
- Quick-cooking
- Extra thick
- Old-fashioned
- Organic



Is oatmeal a cereal or whole grain?

It's both! When shopping with WIC, remember:

- Use Cereal benefits to buy instant oatmeal in single-serving packets
- Use Whole Grain benefits to buy other types of oats (box, bag or tub)



Whole Wheat Pasta

16 ounce (1 pound) packages



New Brand

Nature's Promise

- Any shape
- 100% Whole Wheat



New Brand

Tia Rosa

- 100% Whole Wheat

Tortillas

Eggs

More Product
Varieties Approved

✓ WIC-Approved

- Extra large, Jumbo
- Cage-free
- Vegetarian-fed
- Enhanced or specialty (Omega-3)

⊘ Do not buy

- Organic
- Enhanced or specialty (Omega-3)

Now Approved

Cheese

✓ WIC-Approved

- Shredded

⊘ Do not buy

- String or shredded

Now Approved

Shredded

8 ounce and 16 ounce

Cheddar

Colby

Colby Jack

Monterey Jack

Mozzarella

Muenster



Tofu

New Brands

8 ounce, 14 ounce, and 16 ounce



Heiwa Tofu



Franklin Farms Tofu

- Soft
- Medium Firm
- Firm
- Extra Firm

Cold Cereal

New Flavors

Kellogg's



Frosted Mini Wheats

- Filled Mixed Berry
- Strawberry
- Blueberry

Special K

- Banana

Quaker



Life

- Vanilla
- Strawberry

Oatmeal Squares

- Honey Nut

Wheat Squares



Child's Juice

Shelf-stable
64 ounce bottles

More Brands and Flavors



IGA

- Tomato



Mott's Sensibles

- Apple
- Apple
- Apple Cranberry
- Apple Pineapple
- Apple Raspberry



Ocean Spray

- Apple
- Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry

Women's Juice

Frozen
11.5–12 ounce cans

More Brands and Flavors



Apple Juice / Grape Juice

Any Store Brand

- Best Yet
- Great Value
- Food Club
- Hannaford
- Pics by Price Chopper
- Shurfine
- Signature Select

Apple Juice

Seneca

- 100% Apple Juice

Infant Fruits and Vegetables

Single jars



New Brand

Nature's Heart Organic

- Single 4 oz
- Stage 1 & Stage 2 Fruits Only

Infant Meats

30 ounce pack (12-2.5 oz jars)



New Size

Gerber

- Variety Pack