



EFFECTIVE OCTOBER 2021

The Additions to the Authorized Foods shows new Authorized Foods List items that are Maryland WIC approved but are NOT printed on the current Authorized Foods List. The Authorized Foods List, Effective October 2021 can be found at the Maryland WIC website.

In the Maryland WIC Mobile app, the Authorized Foods List, Effective October 2021 and the Additions to the Authorized Foods List can be found in the Resource Links in the Shopping Resources tab.

The Additions to the Authorized Foods is current as of 5/8/2024.

DAIRY

MILK • CHEESE • SOY BEVERAGE • TOFU • YOGURT

TOFU

12- to 16-ounce container



Franklin Farms

Organic: Extra Firm, Firm, Medium Firm, Pressed Firm



Good & Gather

Organic: Extra Firm



Nature's Soy

Firm, Soft



Pulmuone

Firm, Silken

LOW FAT, FAT FREE & NON FAT YOGURT

32-ounce single containers



LALA

Low Fat: Blended Mango, Blended Strawberry, Plain, Vanilla



Lucerne

Low Fat: Plain



Morning Fresh Farms

Non Fat: Plain



Norman's Taste

Non Fat: Café Latte, Strawberry, Vanilla



Simple Truth

Organic Low Fat: Vanilla



Wegmans

Organic Low Fat Blended: Blueberry, Plain, Raspberry, Strawberry, Vanilla

WHOLE MILK YOGURT

32-ounce single containers



Brown Cow

Maple, Plain, Vanilla



Morning Fresh Farms

Plain



Seven Stars Farm

Organic: Original Plain, Original Vanilla



Simple Truth

Organic: Original Plain



Wegmans

Organic: Plain, Vanilla



Wholesome Pantry

Organic: Original Plain, Original Vanilla

WHOLE GRAINS

SOFT CORN & WHOLE WHEAT TORTILLAS
BREAD & ROLLS • OATS • BROWN RICE
WHOLE WHEAT & WHOLE GRAIN PASTA

SOFT CORN & WHOLE WHEAT TORTILLAS

1-pound (16-ounce) package

A SHOPRITE® BRAND
**bowl &
basket**™

Bowl & Basket

Whole Wheat Tortillas

WHOLE WHEAT & WHOLE GRAIN PASTA

1-pound (16-ounce) package



Bionaturae

Organic Whole Wheat: Fusilli



Delallo

Organic Whole Wheat: Cavatappi, Farfalle, Fusilli, Orecchiette, Orzo, Penne Rigate, Shells, Spaghetti



Food Lion

Whole Wheat: Penne Rigate, Thin Spaghetti



Full Circle Market

Organic Whole Wheat: Penne Rigate, Rotini



Giant

Whole Wheat: Elbow Macaroni, Penne Rigate, Rotini, Spaghetti, Thin Spaghetti



Good & Gather

Organic Whole Wheat: Thin Spaghetti



Mantova

Organic Whole Wheat: Penne Rigate, Spaghetti



Simple Truth

Organic Whole Wheat: Penne Rigate, Rotini, Spaghetti

OATS

1-pound (16-ounce) package



Avelina

Old Fashioned Oats, Quick Cooking Oats



Bob's Red Mill

Extra Thick Rolled Oats, Oat Bran

Organic: Quick Cooking Rolled Oats, Old Fashioned Oats



Finest Brand

Quick 1 Minute Oats



McCann's Irish

Quick Cooking Rolled Oats



Oatsome

Organic: Old Fashioned Rolled Oats, Quick Cooking Oats



Woodstock

Organic: Instant Oatmeal

JUICE

JUICE FOR WOMEN • JUICE FOR CHILDREN

APPLE, GRAPE, PINEAPPLE, CRANBERRY,
TOMATO, VEGETABLE AND JUICE BLENDS

JUICE FOR WOMEN:

48-ounce containers and 11.5-12 ounce frozen concentrate



Best Yet

Pineapple (48 ounce)



Food Club

Grape (12 ounce)



Mott's

Apple, Fruit Punch (both 48 ounce)

**APPLE, GRAPE, PINEAPPLE, CRANBERRY,
TOMATO, VEGETABLE AND JUICE BLENDS**

JUICE FOR CHILDREN:

64-ounce container



Apple & Eve

Pineapple Tangerine Blend, Sesame Street Elmo & Tango Punch, Strawberry Passion, Watermelon Grape



Best Yet

Apple, Grape, Pineapple, Low Sodium Vegetable



b'gan

Fruit Punch, Tomato



Bowl & Basket

Apple, Grape, Pineapple, Vegetable Low Sodium



Food Lion

Cranberry Blend, Pineapple, Vegetable, Vegetable Hot & Spicy



Great Value

Cranberry Blend, Cranberry Grape, Guava, Mango Peach



Lieber's

Pineapple



Lucky Leaf

Apple



Mott's

Fruit Punch



Musselman's

Apple



Nature's Nectar

Grape, Pineapple



Nature's Promise

Organic White Grape



Ocean Spray

Cranberry Elderberry



Old Orchard

Organic: Apple



Seven Farms

Organic: Apple



Signature Select

Antioxidant Cherry Pomegranate Elderberry



Tipton Grove

Cranberry Blend

Wegmans



Wegmans

Cranberry Apple, Cranberry Concord Grape, Cranberry,
White Grape Cranberry, White Grape Peach

Welch's

Orange Pineapple Apple

CEREAL

COLD CEREAL • HOT CEREAL

COLD CEREAL

12-ounce size or larger



Cheerios Oat Crunch Berry

General Mills



Vanilla Spice Cheerios

General Mills



Apple Cinnamon Toasted Oats

Grain Berry



Cinnamon Frosted Shredded Wheat

Grain Berry



Original Toasted Oats

Grain Berry



Organic Blueberry Clusters

Kashi



Golden Honey Frosted Mini Wheats

Kellogg's



Corn Flakes Honey Flavor

Kellogg's



Bran Flakes

Kemach



Corn Flakes

Kemach



Crisp Rice

Kemach



Toasted Oats

Kemach



Whole Wheat Flakes

Kemach



Honey Bunches of Oats Cinnamon Bunches

Post



Corn Flakes

Taanug



Crisp Rice

Taanug



Rice Squares

Taanug



Toasted Oats

Taanug

HOT CEREAL

11.8-ounce size or larger*



Original Instant Oatmeal

Bowl & Basket



Original Instant Oatmeal

Essential Everyday



Original Instant Grits

Great Value



Instant Grits Original *Current package size is 9.8 ounces

Quaker



Instant Oatmeal Original *Current package size is 9.8 ounces

Quaker



Instant Oatmeal Original *Current package size is 9.8 ounces

Signature Select



MARYLAND

BETTER NUTRITION, BRIGHTER FUTURE

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Ask your local WIC staff or
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visit our website at www.mdwic.org



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