






Cheese, Eggs and Bread Additions During COVID-19 Disaster

The COVID-19 disaster has made it harder to find some items in the grocery store, including some WIC foods. To help families during this time, Connecticut WIC is **temporarily expanding WIC-approved foods** in the following categories:

100% Whole Wheat Bread & 100% Whole Grain Bread – Choose Size 16 ounces up to 24 ounces If you cannot find a 16 oz size WIC bread, any size between 16 -24 ounces will count as 1 pound/1 unit towards your Whole Grain benefit.		
Brand names: Arnold, Oroweat, Aunt Millie’s, Big Y, Country Health, Freihofer’s, Koepplinger’s, Open Nature, Pepperidge Farm, Pils by Price Chopper, Sara Lee, Signature Select, Stop & Shop, Stroehmann, Village Health, Wonder, Nature’s Own		
Any Brand Shredded or String Cheese 8 oz. and 16 oz. packages		
		
Additional Egg Sizes: Medium, Extra Large, and Jumbo, 1 Dozen cartons		
Any Brand		

Are you in the store and not sure if it's a new WIC-approved food?
 Try the WIC Shopper App to scan the bar code, then compare to YOUR family food benefit list to double check.

WIC is here for you.
 We thank you for your patience during this challenging time.