

**SECTION: Food Delivery****SUBJECT: WIC Approved Food Guide**

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See WIC 200-16 and WIC 400-02

**POLICY**

The local agency staff shall issue and explain the WIC Approved Food Guide to each participant/family upon enrollment in the Program. Review of WIC foods and Food Guide may need to occur at mid or re-certifications or more often as needed.

The least expensive brand is no longer required, but due to cost saving measures, the WIC participant may be encouraged to purchase the least expensive product. The participant will have a choice to purchase National or Store brand WIC approved food items where it is indicated in the WIC Approved Food Guide.

Both English and Spanish Food Guides are available to order through the Brush Art warehouse [WIC Materials - Brush Art \(brushartwicmaterials.com\)](https://brushartwicmaterials.com). The following languages Arabic, Haitian Creole, Portuguese and Pashto are available at <https://connecticut.wicresources.org/food-guide.html> and <https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>.

For the most up to date version of the WIC Approved Food Guide visit the Connecticut WIC Resource page or the WICShopper app.