2025 Food Guide Addendum

The WIC Program has made several changes to the WIC food packages. This list provides **newly added** foods and foods no longer WIC approved. If you have questions about your WIC food package, ask your WIC Nutritionist. You can find up to date information on WIC approved foods on WICShopper and Connecticut WIC – Healthy Food Guide.

New Whole Grains Breakfast Cereals	
Bowl & Basket Instant Oatmeal Original **Cheerios** Hearty Nut Medley, Veggie Blends **Food Club** Instant Oatmeal Regular **General Mills** Wheaties Protein (Maple Almond, Honey Pecan) **Kashi** Cocoa Clusters, Blueberry Clusters **Post** Raisin Bran, Great Grains Banana Nut Crunch, Great Grains Raisin Dates Pecans, Great Grains Cranberry Almond Crunch	**Quaker Mighty Life** Mixed Berry, Very Vanilla **Quaker Life Multigrain** **Quaker Oatmeal Squares** Brown Sugar, Honey Nut **Quaker** Instant Oatmeal

New Whole Grain Options	
Quinoa: 12-32 oz allowed	**Whole Wheat Pita**: 10-14 oz allowed
Badia Organic **Full Circle Market** Organic, Tri-Color Organic **Good & Gather** Organic, Rainbow **Great Value** White Organic **Natures Earthly Choice** Organic **Nature's Promise** Organic Classic **Rice Select** White, Tri-Color	**Big Y** 100% Whole Wheat **Kontos** Whole Wheat Pocket-Less
Whole Wheat English muffins: 12 oz.	**Oats:** 18-42 oz allowed
Nature's Promise Whole Wheat **Stop & Shop** 100% Whole Wheat **Thomas** 100% Whole Wheat	You can now get Oats as a whole grain option. This differs from the oatmeal you can purchase with your Breakfast Cereal option. **Quaker:** Old-Fashioned, Quick 1 Minute Oats, Quick 1 Minute Oats Gluten Free, Rolled Overnight Oats, Steel Cut Oats
Whole Wheat Bagels:	**Other Whole Grain options**:
Thomas - 100% Whole Wheat 20 oz.	**Bob's Red Mill** Buckwheat Flour (organic), Red Bulgar, Gluten Free Whole Grain Corn Flour, Organic Whole Grain Kamut **Indian Head** Old Fashion Stoned Ground Corn Meal **Maseca** Gluten Free Corn Flour **Polish Farms** Roasted Buckwheat, Whole Barley
Bread: 16-24 oz allowed, 100% whole wheat/whole grain	
Super Bread V 100% Whole Wheat Bread 16 oz.	

Plant-Based Milk Alternatives	
Plant-Based Milk	**Plant-Based Yogurt**
Ripple Shelf Stable Unsweetened Original 32 oz **Ripple** Shelf Stable Original 192 oz (32 oz-6 pack) **Ripple Kids** Original or Unsweetened 48 fl oz **Silk Kids Oatmilk** Blend Original 59 fl oz	**Silk** Plain Dairy-Free Smooth & Creamy Soy Milk Yogurt 24 oz

Nut and Seed Butters 12-18 oz allowed	
Peanut Butter:	**Cashew Butter**:
Urban Meadow Organic Crunchy **Shoppers Value** Creamy	**Good & Gather** **Bowl & Basket** Creamy
Sunflower Butter:	**Almond Butter**:
SunButter Sunflower Original, Crunchy, Creamy, No Sugar Added **Wholesome Pantry** Sunflower Seed	**Bowl & Basket Specialty** Creamy, No Stir **Good & Gather** Crunchy, Creamy, No Stir **Open Nature** Crunchy, Creamy, Creamy No Stir **Natural MaraNatha** Crunchy No Stir **Sam's Choice** Creamy, No stir No Sugar or Salt Added
Soy Nut Butter:	**Tahini**:
Wowbutter Creamy	Joyva Sesame Tahini

Canned Fish	Fruit & Vegetables
2.5- 6 oz allowed includes cans or pouches Chunk Light Tuna, Sardines or Salmon	You can now buy fresh herbs with your WIC cash value fruit & vegetable benefit. Herbs must be fresh and not dried. Potted plants are not allowed.

Tofu
Authorized House Food Premium Firm, Extra Firm, Medium, Firm

Discontinued Breakfast Cereals The following cereals are no longer WIC approved.		
Avenue A Corn Flakes **Big Y** Corn Flakes **Best Yet** Corn Flakes, Crispy Rice **Bowl & Basket** Crispy Rice Toasted, Crispy Rice Squares **Essential Everyday** Crispy Rice **Food Club** Crisp Rice	**Great Value** Crisp Rice **HyTop** Corn Flakes, Crisp Rice **IGA** Crispy Rice **Kellogg's** Corn Flakes Cinnamon **Kiggins** Crispy Rice **Pics By Price Chopper** Crispy Rice	**Stop & Shop** Crispy Rice **Urban Meadow** Rice Krispy **White Rose** Corn Flakes, Crisp Rice **Ralston** Creamy Wheat **Urban Meadow** Farina

Discontinued Tofu The following tofu are no longer WIC approved.	
House Foods Premium Soft, Organic Soft **Nasoya** Organic Extra Firm	**O Organics** Silken, Super Firm

Wegmans store is now a Connecticut WIC Approved vendor. Several Wegmans brand items are WIC approved. For a list of WIC approved foods go to **WICShopper WIC Allowable Foods** or use the **Scan Barcode** feature.