—MICHIGAN WIC—

FOOD GUIDE CHANGES

SEPTEMBER 15, 2014

WIC has cut the fat! WIC now provides skim, ½% and 1% milk for women and children 2 years and older.

Health Bite!

Did you know? Skim, ½%, or 1% milk has the same amount of Vitamin D, calcium, and protein as higher fat milks. Just less fat and fewer calories! Because of these benefits, the USDA is requiring the change to lower fat milks in WIC.

WIC Shopping Tips

Note: This chart replaces the chart found on pg. 20 of the Michigan WIC Food Guide.

If Your Shopping List Shows:	BUY	DON'T BUY
1 GAL SKIM, ½%, or 1% MILK	1 gallon of skim, ½%, or 1% milk	1 gallon of ***2%*** or ***whole*** milk
1 HGL SKIM, ½%, 1%, OR BUTTERMILK	½ gallon skim, ½%, 1% milk or buttermilk	½ gallon of ***2%*** or ***whole*** milk
1 GAL 2% MILK	1 gallon of 2% milk	1 gallon of ***skim***, ***½%***, ***1%*** or ***whole*** milk
1 HGL 2% MILK	½ gallon of 2% milk	½ gallon of ***skim***, ***½%***, ***1%*** or ***whole*** milk
1 GAL WHOLE MILK	1 gallon of whole milk	1 gallon of ***skim***, ***½%***, ***1%*** or ***2%*** milk
1 HGL WHOLE MILK	½ gallon of whole milk	½ gallon of ***skim***, ***½%***, ***1%*** or ***2%*** milk

Oatmeal

Note: This section replaces the Oatmeal section found on pg. 4 of the Michigan WIC Food Guide.

✳ Choose lower priced foods

No organic allowed

› 16 oz container

Malt-O-Meal
Mom's Best Naturals Quick Oats

Malt-O-Meal
Mom's Best Naturals Old Fashioned Oats

Kroger Simple Truth
Old Fashioned Oats

General Mills
Gluten Free Chex Oatmeal

You may buy one of these as a whole grain choice, ***NOT*** as a cereal.

Breads

Purchase this

Pepperidge Farm
Jewish Rye
Whole Grain Rye Seeded

Not this

Pepperidge Farm
Jewish Rye Seeded

Note: The correct picture of the Pepperidge Farm Whole Grain Rye Seeded bread seen on pg. 6 of the Michigan WIC Food Guide is shown above, with the green label.

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