



## LIST OF CHANGES IN THE MICHIGAN WIC FOOD GUIDE

Beginning March 1, 2021

This document outlines changes to the Michigan WIC Food Guide, highlighting differences between the new March 1, 2021 edition and the most recent version of the guide from July 11, 2016.

### Fresh Fruits and Vegetables

#### Added as Allowed:

- Cilantro and Parsley

#### Updated Not Allowed Criteria:

- Herb pastes
- Salsa

### Frozen Fruits and Vegetables (New Food Category)

#### Full Allowed Criteria:

- **Organic**
- Whole, cut or mixed fruits or vegetables
- Beans or peas such as lima beans and black-eye peas
- Any brand or package size/type

#### Updated Not Allowed Criteria:

- Added sugar, breading, butter sauce, fat, oil, salt or seasoning
- Added meat, rice or pasta
- Fries or tater tots
- Juice\*
- Smoothies with non-fruit or non-vegetable ingredients

### Canned Fruits and Vegetables (New Food Category)

#### Full Allowed Criteria:

- **Organic**
- Any size metal, glass, plastic or pouch containers
- Individual servings or multi-packs
- Regular or low sodium
- Any variety of fruits (including applesauce) packed in juice or water without added sugars, fats, oils or salt
- Any variety of vegetables (including tomatoes) without added sugars, fats or oil
- Tomato paste, puree or sauce
- Green beans and green peas

#### Updated Not Allowed Criteria:

- Fruits packed in syrup
- Added meat, rice or pasta
- Artificial sweetener
- Pickled vegetables, relishes or ketchup
- Cranberry sauce or pie filling
- Salsa
- Pizza or pasta sauce
- Juice\*
- Beans\* or baked beans
- Smoothies with non-fruit or non-vegetable ingredients
- Pouches labelled as infant/toddler food

\*Juice and beans may be purchased with other WIC benefits.

## Whole Grains – Oatmeal

### Added as Allowed:

- Best Choice, Quick Oats 16oz
- Best Choice, Old Fashioned Oats 16oz
- Hodgson Mill, Quick Rolled Oats 16oz
- Hodgson Mill, Thick Cut Rolled Oats 16oz

### No Longer Allowed or Discontinued:

- Simple Truth Old Fashioned Oats 16oz
- Our Family Old Fashioned Oats 16oz
- Our Family Quick Oats 16oz

## Whole Grains – Brown Rice

### No Longer Allowed or Discontinued:

- Added herbs, seasonings or beans
- Added sugars, fats, oils or salt

## Whole Grains – Pasta

### Added as Allowed:

- Full Circle 16oz
- True Goodness Organic 16oz

### No Longer Allowed or Discontinued:

- Meijer Naturals brand 16oz
- Meijer Organics brand 16oz
- Meijer Select Italian brand 16oz
- Shurfine brand 16oz
- Spartan brand 16oz

## Whole Grains – Bread/Buns

### Added as Allowed:

- Healthy Life 100% Whole Wheat 16oz
- Lewis 100% Whole Wheat 16oz

### No Longer Allowed or Discontinued:

- Shurfresh 100% Whole Wheat 16oz
- Spartan 100% Whole Wheat 16oz
- Spartan Whole Grain White 16oz

## Whole Grains – Bread/Buns

### Added as Allowed:

- Best Choice Whole Wheat Fajita Style 8 count
- Frescados Whole Grain 10 count
- Kroger Yellow Corn 24 count
- Our Family Whole Wheat Fajita Style 8 count
- Our Family Whole Wheat Soft Taco 10 count
- Our Family White Corn, 16 & 18 count
- Our Family Yellow Corn 18 & 24 count

### No Longer Allowed or Discontinued:

- ShurFine Whole Wheat Fajita Style 8 count
- Spartan Whole Wheat Fajita Style 8 count

## Cereals – Cold

### Added as Allowed:

- **All authorized cereals now allowed in any size package 12oz or larger**
- **Store brand cereal selection expanded and allowed brands are now listed in Food Guide**
- General Mill's Chex
  - Blueberry Chex
  - Cinnamon Chex
  - Vanilla Chex
- General Mill's Wheaties
- General Mill's Kix
  - Honey Kix
  - Berry Kix
- General Mill's Total – Whole Grain
- Kellogg's All-Bran Complete Wheat Flakes
- Kellogg's Crispix Original
- Kellogg's Frosted Mini-Wheats
  - Little Bites
  - Filled w/ Mixed Berry
  - Blueberry
  - Strawberry
- Kellogg's Special K
  - Banana
  - Honey Almond Ancient Grains
  - Original Multi-Grain Touch of Cinnamon
- Post Grape Nuts
  - Flakes
  - Original
- Post Great Grains Crunchy Pecan
- Post Honey Bunches of Oats
- Pecan & Maple Brown Sugar
- Quaker Life
  - Vanilla
  - Strawberry
- Always Save
  - Corn Flakes
  - Frosted Shredded Wheat
- Toasted Oats

### No Longer Allowed or Discontinued:

- Kellogg's Dora the Explorer
- Malt-O-Meal Blueberry Mini Spooners
- Post Bran Flakes
- Post Honey Bunches of Oats
  - Cinnamon Bunches
- Nature's Crunch brand
- ShurFine brand
- Spartan brand

## Cereals – Hot

### No Longer Allowed or Discontinued:

- IGA Instant Oatmeal
- Meijer Instant Oatmeal

## Eggs (New Criteria)

### Full Allowed Criteria:

- White shells only
- Any size
- May be cage-free

### Full Not Allowed Criteria:

- Brown shells
- Organic
- Free range or pasture raised
- Grains, grass or vegetarian fed
- Low cholesterol
- Pasteurized
- Fortified/enriched with omega-3, DHA or vitamin E

## Fish (New Criteria)

### Added as Allowed:

- Any size, can or foil pouch, up to a total of 30oz
- In addition to previously authorized brands, any brand chunk light tuna or pink salmon
- Any brand mackerel or sardines
- Added sauces and flavorings, such as tomato sauce, mustard or lemon
- May include bones or skin

### Full Not Allowed Criteria:

- Organic
- Albacore/solid white tuna, Atlantic or sockeye (red or blueback) salmon, prime or smoked salmon fillets, king mackerel
- Lunch packs, lunch kits or tuna salad
- Premium brands, like Blue Harbor and Wild Planet
- Fresh or frozen

## Infant Meats

### Added as Allowed:

- Organic
- Any brand

### Updated Not Allowed Criteria:

- Squeeze pouches

## Infant Cereals

### Added as Allowed:

- Organic
- Any brand or type

## Infant Fruits & Vegetables

### Added as Allowed:

- Organic
- Any brand
- Single 4oz containers
- Multi-packs of 1oz, 2oz or 4oz

### Updated Not Allowed Criteria:

- Squeeze pouches

## Beans, Peas & Lentils

### Added as Allowed:

- Cans/Jars – any brand or type
- Fat free refried beans
- Randall (15-16oz jar)

### Updated Not Allowed Criteria:

- Added fruits, vegetables or sugars
- Soups

## Peanut Butter

### Updated Not Allowed Criteria:

- Natural
- Whipped

## Yogurt

### Added as Allowed:

- 2oz tube 8-pack (16oz total)
- 2oz tube 16-pack (32oz total)
- Activia brand multi-packs
  - 4oz 4-pack
  - 4oz 8-pack
- Karoun brand, 32oz
- LALA brand, 32oz
- Prairie Farms brand, 32oz

### No Longer Allowed or Discontinued:

- 2% yogurt (clarified criteria)
- Activia Fusion brand
- Purple Cow brand
- ShurFine brand
- Spartan brand

## Soy Beverage

### Added as Allowed:

- Silk Original 32oz & 64oz shelf stable

### No Longer Allowed or Discontinued:

- Pacific Natural Foods Ultra Soy Vanilla 32oz shelf stable

## 64oz Juice (Juices for Children)

### Added as Allowed:

- **Store brand juice selection expanded and allowed brands are now listed in the Food Guide**
- Juices with 80% vitamin C (based on new Nutrition Facts label)
- Welch's
  - Grape with added calcium, Super Berry
- Mott's
  - Apple, Apple White Grape, Apple Mango, Apple Cherry, Sensibles Apple Cranberry, Sensibles Apple Pineapple, Sensibles Apple Raspberry

## 64oz Juice (Juices for Children) cont.

### Added as Allowed:

- Northland
  - Blueberry Blackberry Acai, Cranberry (Traditional), Cranberry Grape, Cranberry Raspberry, Cranberry Cherry, Cranberry Blackberry, Cranberry Mango, Cranberry Pomegranate, Pomegranate Blueberry, Raspberry Blueberry
- Ocean Spray
  - Apple, Concord Grape, Cranberry, Cranberry Blackberry, Cranberry Cherry, Cranberry Concord Grape, Cranberry Mango, Cranberry Pineapple, Cranberry Pomegranate, Cranberry Raspberry
- Sesame Street
  - Big Bird Apple, Cookie Monster's Berry, Elmo's Punch

## 48oz or 11.5/12oz Juice (Juices for Women)

### Added as Allowed:

- **Allowed store brands are now specified, other than orange and grapefruit juice**
- Essential Everyday
  - Pineapple 48oz
- Freedom's Choice
  - Apple 48oz
- Old Orchard
  - Any flavor (frozen) 12oz
- Seneca
  - Apple (frozen) 12oz
- Our Family
  - Apple Cider 48oz
  - Pineapple 48oz
  - Apple (frozen) 12oz
- Kroger
  - Apple (frozen) 12oz
  - Grape (frozen) 12oz
  - Pineapple (frozen) 12oz
  - Pineapple Orange (frozen) 12oz

### No Longer Allowed or Discontinued:

- Welch's brand frozen juices 11.5/12oz