

# New Changes on the 2016 Food Guide

## **Fresh Fruits & Vegetables**

- No longer allowed:
- Pre-cut fresh fruits and vegetables with added preservatives (for example: sliced apples with ascorbic acid).
  - Fruit or vegetable party trays/platters.

## **Whole Grains – Oatmeal**

- Added as allowed:
- 16 oz. Our Family Old Fashioned Oats.
  - 16 oz. Our Family Quick Oats.
- No longer allowed:
- 16 oz. General Mills Gluten Free Chex Oatmeal.

## **Whole Grains – Whole Wheat Pasta**

- Added as allowed:
- 16 oz. whole wheat/whole grain pasta. Organic allowed.
  - Any shape such as elbows, penne, rotini, spaghetti and spirals.
  - Logos of specific brands are displayed in the WIC Food Guide.

- Not allowed:
- Pasta made from rice, quinoa, flax, corn or vegetables.

## **Whole Grains – Breads**

- No longer allowed:
- Aunt Millie's Swirl Whole Grain Cranberry-Apple
  - Healthy Life 100% Whole Wheat Whole Grain

## **Whole Grains – Buns**

- Added as allowed:
- 16 oz. Brownberry 100% Whole Wheat Hamburger Rolls.
  - 16 oz. Brownberry 100% Whole Wheat Hot Dog Rolls.
  - 16 oz. Healthy Life 100% Whole Wheat Sandwich Buns.
  - 16 oz. Healthy Life 100% Whole Wheat Hot Dog Buns.

## **Whole Grains – Tortillas**

- Added as allowed:
- 16 oz. Great Value Whole Wheat Flour 10 count tortillas.
  - 16 oz. La Banderita Whole Wheat Fajita 16 count tortillas.
  - 16 oz. La Banderita Whole Wheat Soft Taco 10 count tortillas.
  - 16 oz. La Banderita Corn 18 count tortillas.
  - 16 oz. La Banderita Corn 14 count tortillas.
  - 16 oz. Meijer Soft Taco Whole Wheat 8 count tortillas.
  - 16 oz. Mission Whole Wheat Fajita Style 16 count tortillas.
  - 16 oz. ShurFine White Corn 18 count tortillas.
  - 16 oz. ShurFine Whole Wheat Fajita Style 8 count tortillas.
  - 16 oz. Spartan Whole Wheat Fajita Style 8 count tortillas.
  - 16 oz. Tio Santi Whole Wheat 10 count tortillas.
  - 16 oz. Tortillas Tita Corn 18 count tortillas.
  - 16 oz. Tortillas Tita Enchilada Style Corn 18 count tortillas.

- No longer allowed:
- 16 oz. Don Pancho Whole Wheat 10 count tortillas.
  - 16 oz. Don Pancho White Corn 18 count tortillas.
  - 16 oz. La Burrita Corn 12 count tortillas.
  - 16 oz. Meijer Fajita Style Whole Wheat 8 count tortillas.

- 16 oz. Meijer Soft Taco Size White Corn 18 count tortillas.

### **Cold Cereals**

- Added as allowed:
- Kellogg's Rice Krispies (16 oz. or larger).
  - Post Honey Bunches of Oats Whole Grain Honey Crunch (16 oz. or larger).
  - Post Honey Bunches of Oats Whole Grain Vanilla Bunches (16 oz. or larger).
  - ShurFine store brand cereals.

- No longer allowed:
- Kellogg's Scooby-Doo!
  - Kellogg's Mini-Wheats Frosted Big Bite.
  - Post Honey Bunches of Oats Fruit Blends Banana Blueberry.
  - Post Honey Bunches of Oats Fruit Blends Peach Raspberry.
  - Post Honey Bunches of Oats Tropical Blends Mango Coconut.

### **Hot Cereals**

- Added as allowed:
- Cream of Rice Instant Individual Packets.
  - Hy-Top store brand instant oatmeal, regular flavor individual packets.
  - ShurFine store brand instant oatmeal, regular flavor individual packets.

- No longer allowed:
- Better Oats Oat Revolution Instant Classic oatmeal.

### **Infant Fruits & Vegetables**

- Added as allowed:
- Tippy Toes brand 4 oz. glass jar infant fruits and infant vegetables.

- No longer allowed:
- Beech-Nut Goya 4 oz. glass jar infant fruit and infant vegetables.
  - Meijer Naturals 4 oz. glass jar infant fruit and infant vegetables.

### **Infant Meats**

- Added as allowed:
- Tippy Toes brand 2.5 oz. containers, single meat varieties with broth or gravy.

- No longer allowed:
- Beech-Nut Goya 2.5 oz. jar beef or chicken with broth.
  - Meijer Naturals 2.5 oz. jar beef, chicken or turkey with gravy.

### **Peanut Butter**

- Added as allowed:
- 16-18 oz. national brands.

### **Yogurt**

- Added as allowed:
- 32 oz. tubs; 4 oz. 4-packs (16 oz. total); 4 oz. 8-packs (32 oz. total).
  - Nonfat or low fat only.
  - Plain or any flavor.
  - Logos of specific brands are displayed in the WIC Food Guide.

- Not allowed:
- Whole milk yogurt.
  - Yogurt with mix-in items such as candy, granola or nuts.
  - Greek yogurt.
  - Artificial sweeteners, often labeled "light" (for example: aspartame, sucralose or saccharine).
  - Yogurt in bottles (drinkable), tubes or pouches.
  - Activia.

### **Cheese**

Added as allowed: - 16 oz. Provolone.

### **Soy Beverage**

No longer allowed: - WestSoy Organic Plus Plain 32 oz. & 64 oz. (shelf stable).  
- WestSoy Organic Plus Vanilla 32 oz. & 64 oz. (shelf stable).

### **Juices For Women**

Added as allowed: - 48 oz. store brand fruit or vegetable juice (100% juice & 120+% Vitamin C).