



EXPANDED FOOD GUIDE CHOICES DURING COVID-19

Beginning June 1, 2020

The Michigan WIC Program is further expanding food choices. WIC clients will be able to use their fruit and vegetable (\$\$\$) benefit to purchase frozen and canned fruits and vegetables for women and children over 1. See below for guidelines regarding this 2nd food choice expansion. For more information on authorized WIC foods, please refer to the [Food Guide](#).

FROZEN FRUITS AND VEGETABLES

Allowed:

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

Not Allowed:

- 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
- Soup

CANNED FRUITS AND VEGETABLES

Allowed:

- **Organic**
- Any variety of fruits packed in juice or water without added sugars, fats, oils, or salt
- Any variety of vegetables without added sugars, fats or oils
- Metal, glass, plastic or pouch containers
- May be regular or low sodium
- Applesauce, unsweetened
- Tomato paste, puree or sauce
- Green beans and green peas
- Individual servings
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Not Allowed:

- 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*
- Smoothies with non-fruit or non-vegetable ingredients
- Pouches labeled as infant/toddler food
- Beans* or baked beans

*Juice and beans may be purchased with other WIC benefits



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Implemented April 1, 2020

See below for additional food choices and package sizes that were made allowable in the Michigan Food Guide as part of the 1st phase of food choice expansions during COVID-19. For more information, please refer to the [Food Guide](#).

Whole Grains – Bread:

- Lewis Bakeries, 100% Whole Wheat

Whole Grains - Oatmeal:

- Best Choice, Quick Oats 16oz
- Best Choice, Old Fashioned Oats 16oz

Whole Grains – Pasta:

- Full Circle 16oz

Whole Grains – Tortillas:

- Best Choice, 100% Whole Wheat Fajita Size 8 count
- Frescados, Whole Grain 10 count
- Kroger, Yellow Corn 24 count
- Our Family, Whole Wheat 8 count
- Our Family, Soft Taco size 10 count
- Our Family, White Corn 16 & 18 count
- Our Family, Yellow Corn 18 & 24 count

Cold Cereal:

- Any current WIC cereal now allowed in an 8 oz or larger box
- Also now allowed...

General Mills:

- Chex
 - Cinnamon
 - Blueberry
 - Vanilla
- Kix
 - Berry Berry*
 - Honey*
- Wheaties*
- Whole Grain Total*

Kellogg's:

- All Bran Complete, Wheat Bran Flakes*
- Crispix, Plain*
- Frosted Mini Wheats Bite Size
 - Blueberry*
 - Filled Mixed Berry*
 - Strawberry*
- Frosted Mini Wheats Little Bites*
- Special K, Banana
- Special K Protein
 - Honey Almond Ancient Grains*
 - Original Multi-Grain Touch of Cinnamon*

Post:

- Grape Nuts
 - Flakes
 - Original
- Great Grains, Crunchy Pecan
- Honey Bunches of Oats, Pecan and Maple Brown Sugar

Quaker:

- Life, Strawberry
- Life, Vanilla

Store Brands:

- Always Save
 - Corn Flakes
 - Frosted Shredded Wheat*
- Best Choice
 - Crispy Rice Squares
 - Crispy Hexagons
 - Crunch Wheat Biscuits*
 - Instant Oatmeal (regular flavor individual packets)
 - Wheat Crisps

Starred items () are Whole Grain*

Infant Cereals:

- Any Brand
- Organic allowed

Infant Fruit and Vegetables:

- Any Brand
- Organic allowed
- Single 4oz Containers
- Multi-packs of 1 oz, 2 oz, or 4 oz
- No pouches

Infant Meats:

- Any Brand
- Organic allowed

Beans, Lentils & Peas:

- Fat Free Refried Beans
- Randall (15-16oz jar)

Yogurt:

- 2 oz tube 8-pack (16oz total)
- 2 oz tube 16-pack (32oz total)
- Activia multi-packs, 4oz 4-pack & 4oz 8-pack
- Lala, 32oz
- Prairie Farms, 32oz

Cheese:

- If your Shopping List says 1 LB (16oz), you can choose two 8oz or one 16oz package
- Any type prepackaged sliced cheese, in addition to American (without individual wrapping)

Soy Beverage:

- Silk, Original 32oz & 64oz shelf stable