



## LIST OF CHANGES IN THE MICHIGAN WIC FOOD GUIDE

Beginning June 1, 2022

This document outlines changes to the Michigan WIC Food Guide, highlighting differences between the new June 1, 2022 edition and the most recent version of the guide from March 1, 2021.

### **Fresh Fruits & Vegetables**

#### Updated Not Allowed Criteria:

- Added juice\* or smoothies

### **Frozen Fruits & Vegetables**

#### Updated Not Allowed Criteria:

- Changed to smoothie mixtures with non-fruit or non-vegetable ingredients

### **Canned Fruits & Vegetables**

#### Updated Not Allowed Criteria:

- Added juice\* or smoothies

### **Cereals – Cold**

- Removed whole grain symbol next to Honey Bunches of Oats Vanilla Bunches

### **Infant Meats**

#### Updated Allowed Criteria:

- Changed to these brands only

### **Infant Cereals**

#### Updated Allowed Criteria:

- Changed to these brands and types only

#### Updated Not Allowed Criteria:

- Added fruits, formula, DHA/ARA, probiotics or other non-cereal ingredients

### **Infant Fruits & Vegetables**

#### Updated Allowed Criteria:

- Changed to these brands only
- Any variety single fruit or vegetable, including mature beans

### **Peanut Butter**

#### Updated Not Allowed Criteria:

- Removed natural