

A NEW MARYLAND WIC AUTHORIZED FOODS LIST

STARTING OCTOBER 1, 2021



Here is a highlight of some of the new items allowed!

For more specific details, please refer to the full Authorized Foods List, available from your local WIC clinic and in the Maryland WIC mobile app.

ORGANIC FOODS ARE NOW APPROVED IN ALL FOOD CATEGORIES!*

*ORGANIC INFANT FORMULA IS NOT WIC APPROVED.



- Many forms of 100% cheese: shredded, sticks, string, cubes, crumbled, cracker cuts, slices, blocks
- Individually wrapped if 100% cheese (pasteurized process cheese product not included)
- 8 ounce and 16 ounce packages only



- Grass fed milk is not included
- 2% milk will be allowed for purchase if issued on your card
- Vanilla flavored soy beverage



- Cage free and brown eggs added
- Specialty, free range, or pasture raised not included
- Medium and large size eggs only



- National brand cold and hot cereal
- NEW! Store brand hot cereal



- Juice blends
- NEW! 48 ounce fluid juice and 11.5 to 12 ounce frozen concentrate containers for women
- 64 ounce containers only for children



New sizes added:

- Multi-can packs of tuna and salmon (4-packs of 5 ounce cans)
- 14.75 ounce cans of salmon



Three container sizes available for infant fruits & vegetables:

- 2-packs of 2 ounce containers
- 2-packs of 4 ounce containers
- Single 4 ounce containers



- NEW! 16 ounce packages of oats
- 16 ounce packages of rice, bread, tortillas, and pasta
- 15 to 16 ounce packages of rolls/buns



- Greek Style yogurt not included
- 32 ounce single containers

IF YOU HAVE QUESTIONS ABOUT INFORMATION ON THE LIST, PLEASE CONTACT YOUR LOCAL WIC CLINIC.