










# TRANSITIONING FROM THE TEMPORARY WIC FOOD ITEMS TO THE MARYLAND WIC AUTHORIZED FOODS LIST

**EFFECTIVE OCTOBER 1, 2021**

As we transition from the temporary foods allowed during the COVID-19 emergency, we are introducing an updated Authorized Foods List. Flexibilities allowed via food waivers end on September 30, 2021. Changes have also been made in the types and sizes of foods offered in many categories.

WIC FOOD CATEGORY	TEMPORARY CHANGE ENDING 9/30/21	CONTINUED OR NEW ON THE UPDATED AUTHORIZED FOODS LIST	
<b>CHEESE**</b>	Varying sizes of allowable WIC cheeses up to 48 ounces	8 ounce and 16 ounce packages only Organic allowed for all types Shredded, sticks, string, cubes, cracker cuts, slices, blocks, etc. allowed Individually wrapped allowed if 100% cheese	
<b>TOFU</b>	No additions at this time	No changes	
<b>MILK**</b>	2% allowed in addition to skim, low-fat, and fat free	Organic allowed for all types issued Grass Fed organic not included	
<b>SOY BEVERAGE*</b>	Temporary change is now permanent, not ending	Organic allowed Vanilla flavored allowed	
<b>EGGS**</b>	Extra large and jumbo eggs	Medium and large size eggs only Organic, cage free, and brown eggs allowed Specialty, free range, or pasture raised not included	
<b>CEREAL*</b>	Sizes smaller than 12 ounces for cold cereal and 11.8 ounces for hot cereal	Sizes 12 ounces or larger for cold cereal and 11.8 ounces or larger for hot cereal only Organic allowed Store brand hot cereal allowed	
<b>LEGUMES**</b>	Larger sizes of beans	Organic allowed, includes peanut butter (natural and organic) 16 ounce bags of dry beans only 15 to 16 ounce canned beans only	

**WIC FOOD  
CATEGORY**

**TEMPORARY CHANGE  
ENDING 9/30/21**

**CONTINUED OR NEW ON THE  
UPDATED AUTHORIZED FOODS LIST**

**FISH\*\***

Temporary change is now permanent, not ending

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



**INFANT CEREAL**

Fruit added infant cereal ended December 1, 2020

Organic allowed  
8 and 16 ounce packages



**INFANT FRUITS  
& VEGETABLES**

Temporary change is now permanent, not ending

Organic allowed  
Three container sizes:  
- 2-packs of 2 ounce containers  
- 2-packs of 4 ounce containers  
- Single 4 ounce containers



**INFANT MEAT**

Temporary change is now permanent, not ending

Organic allowed  
2.5 ounce containers



**BREADS/  
WHOLE GRAINS**

32 ounces rice  
Larger sizes of bread

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



**FRUITS &  
VEGETABLES**

No additions at this time

No changes



**YOGURT**

Any variety of fat of already approved yogurts

Organic allowed  
Greek Style not included  
32 ounce single containers



**JUICE FOR  
WOMEN\***

Temporary change is now permanent, not ending

Organic allowed  
Blends of juices allowed  
NEW! 48 ounce fluid juice and 11.5 to 12 ounce frozen concentrate containers



**JUICE FOR  
CHILDREN\***

128 ounce container of any already approved juice

Organic allowed  
Blends of juices allowed  
64 ounce containers

\*Items may have been added to the APL during the pandemic that will be removed on September 30, 2021 due to not meeting all federal regulations. Refer to the specific items shown on the Authorized Foods List for remaining WIC approved items.

\*\*Items may have been added to the APL during the pandemic that do not meet federal regulations and will be removed from the APL on September 30, 2021.

Organic infant formula is not WIC approved.