

MINIMUM REQUIRED STOCK



FOR STORES WITH ONE TO THREE CASH REGISTERS

The minimum required stock is the specific types, sizes and amounts of WIC authorized foods that must be in a vendor's store during business hours. The stock must be in either the store or the store's stockroom. Expired foods do not count toward the minimum required stock.

See current Authorized Foods List at mdwic.org for allowed brands, varieties, and other food specifications.

Effective July 1, 2025, Maryland WIC will offer organic options only within the following categories: Tofu, Baby cereal and baby food, and Fruits and vegetables purchased with fruit & veggie dollars (CVB)

ITEM	BRAND OR TYPE	SIZE	VARIETIES	QUANTITY
Milk	Whole	gallons	--	2
	1% or Fat Free	gallons	--	3
Cheese	Domestic, block, sliced, shredded, stick, string, cubed or cracker size slices	8 oz. or 16 oz.	2 varieties	3 pounds
Eggs	White or brown, medium, or large, cage free is okay	dozen	--	6
Beans	Canned, packed in water	15 – 16 oz.	2 varieties	5
Peanut Butter	Plain, smooth, creamy, crunchy, or extra crunchy	16 – 18 oz.	1 brand	3
Canned Fish (Must be in cans)	Chunk Light Tuna, packed in water	5 – 6 oz. or 4-pks of 5 oz.	1 variety	15 oz.
	Pink Salmon, packed in water	5 – 7.5 oz. or 14.75 oz. or 4-pks of 5 oz.		
	Sardines, packed in water	3.75 oz.		
Cereal	Corn, Wheat, Oats or Rice	12 oz. or larger	1 variety	3 boxes/bags
	Whole Grain Wheat or Oats	12 oz. or larger	1 variety	3 boxes/bags

MINIMUM REQUIRED STOCK CONTINUED

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ITEM	BRAND OR TYPE	SIZE	VARIETIES	QUANTITY
Fruits and Vegetables	Fresh, whole, cut, loose or pre-packaged or Frozen or Canned		2 varieties of fruits and 3 varieties of vegetables	\$16 total value
Juice	Unsweetened 100% Fruit Juice	64 oz.	2 varieties	3
	Frozen Concentrate 100% Fruit Juice or Unsweetened 100% Fruit Juice	11.5 – 12 oz. or 48 oz.	1 variety	3
Breads, Rolls, Pasta, Tortillas, Oats and Rice	100% Whole Grain or Whole Wheat Bread	16 oz.	At least 2 varieties of either Bread, Buns/Rolls, Pasta, Tortillas, Oats or Rice	2 pounds total inventory
	100% Whole Grain or Whole Wheat Buns/Rolls	15 – 16 oz.		
	100% Whole Grain or Whole Wheat Pasta	16 oz.		
	100% Soft Corn or Whole Wheat Tortillas	16 oz.		
	100% Oats	16 oz.		
	Brown Rice, dry, plain	16 oz.		
Infant Formula	SIMILAC ADVANCE (milk-based) as specified by the WIC infant formula rebate contract	12.4 oz.	Powdered	7
Infant Cereal	Dry	8 or 16 oz.	1 variety	3
Infant Fruits	Plain or Combination of Fruits	4 oz. container or 2-pack of 2 oz. or 2-pack of 4 oz. containers	2 varieties	10
Infant Vegetables	Plain or Combination of Vegetables	4 oz. container or 2-pack of 2 oz. or 2-pack of 4 oz. containers	2 varieties	10