



EFFECTIVE OCTOBER 2023

The Additions to the Authorized Foods shows new Authorized Foods List items that are Maryland WIC approved but are NOT printed on the current Authorized Foods List. The Authorized Foods List, Effective October 2021 can be found at the Maryland WIC website.

In the Maryland WIC Mobile app, the Authorized Foods List, Effective October 2021 and the Additions to the Authorized Foods List can be found in the Resource Links in the Shopping Resources tab.

The Additions to the Authorized Foods is current as of 10/20/2023.

# DAIRY

MILK • CHEESE • SOY BEVERAGE • TOFU • YOGURT

## TOFU

12- to 16-ounce container



### Franklin Farms

Organic: Extra Firm, Firm, Medium Firm, Pressed Firm



### Good & Gather

Organic: Extra Firm



### Nature's Soy

Firm, Soft



### Pulmuone

Firm, Silken

Organic: Soft, Silken

## LOW FAT, FAT FREE & NON FAT YOGURT

32-ounce single containers



### LALA

Low Fat: Plain



### Lucerne

Low Fat: Plain



### Morning Fresh Farms

Non Fat: Plain



### Norman's Taste

Non Fat: Café Latte, Strawberry, Vanilla



### Simple Truth

Organic Low Fat: Vanilla



### Wegmans

Organic Low Fat Blended: Blueberry, Plain, Raspberry, Strawberry, Vanilla

# WHOLE MILK YOGURT

32-ounce single containers



## Brown Cow

Maple, Plain, Vanilla



## Morning Fresh Farms

Plain



## Seven Stars Farm

Organic: Original Plain, Original Vanilla



## Simple Truth

Organic: Original Plain



## Wegmans

Organic: Plain, Vanilla



## Wholesome Pantry

Organic: Original Plain, Original Vanilla

# WHOLE GRAINS

SOFT CORN & WHOLE WHEAT TORTILLAS  
BREAD & ROLLS • OATS • BROWN RICE  
WHOLE WHEAT & WHOLE GRAIN PASTA

SOFT CORN &  
WHOLE WHEAT TORTILLAS

1-pound (16-ounce) package

A SHOPRITE® BRAND  
**bowl &  
basket**™

**Bowl & Basket**

Whole Wheat Tortillas

## WHOLE WHEAT & WHOLE GRAIN PASTA

1-pound (16-ounce) package



### **Bionaturae**

Organic Whole Wheat: Fusilli



### **Delallo**

Organic Whole Wheat: Cavatappi, Farfalle, Fusilli, Orecchiette, Orzo, Penne Rigate, Shells, Spaghetti



### **Food Lion**

Whole Wheat: Penne Rigate, Thin Spaghetti



### **Full Circle Market**

Organic Whole Wheat: Penne Rigate, Rotini



### **Giant**

Whole Wheat: Elbow Macaroni, Penni Rigate, Rotini, Spaghetti, Thin Spaghetti



### **Good & Gather**

Organic Whole Wheat: Thin Spaghetti



### **Mantova**

Organic Whole Wheat: Penne Rigate, Spaghetti



### **Simple Truth**

Organic Whole Wheat: Penne Rigate, Rotini, Spaghetti

# OATS

1-pound (16-ounce) package



## **Avelina**

Old Fashioned Oats, Quick Cooking Oats



## **Bob's Red Mill**

Extra Thick Rolled Oats, Oat Bran

Organic: Quick Cooking Rolled Oats, Old Fashioned Oats



## **Finest Brand**

Quick 1 Minute Oats



## **McCann's Irish**

Quick Cooking Rolled Oats



## **Oatsome**

Organic: Old Fashioned Rolled Oats, Quick Cooking Oats



## **Woodstock**

Organic: Instant Oatmeal

# JUICE

JUICE FOR WOMEN • JUICE FOR CHILDREN

APPLE, GRAPE, PINEAPPLE, CRANBERRY,  
TOMATO, VEGETABLE AND JUICE BLENDS

JUICE FOR WOMEN:

11.5- to 12-ounce frozen concentrate and 48-ounce containers



**Mott's**

Apple, Fruit Punch



**APPLE, GRAPE, PINEAPPLE, CRANBERRY,  
TOMATO, VEGETABLE AND JUICE BLENDS**

**JUICE FOR CHILDREN:**

64-ounce container



**Apple & Eve**

Pineapple Tangerine Blend, Sesame Street Elmo & Tango Punch, Strawberry Passion, Watermelon Grape



**Best Yet**

Apple, Grape, Pineapple, Low Sodium Vegetable



**b'gan**

Fruit Punch, Tomato



**Bowl & Basket**

Apple, Grape, Pineapple, Vegetable Low Sodium



**Food Lion**

Cranberry Blend, Pineapple, Vegetable, Vegetable Hot & Spicy



**Great Value**

Cranberry Blend, Cranberry Grape, Guava, Mango Peach



**Lieber's**

Pineapple



**Lucky Leaf**

Apple



**Mott's**

Fruit Punch



**Musselman's**

Apple



**Nature's Nectar**

Pineapple



**Nature's Promise**

Organic White Grape



**Ocean Spray**

Cranberry Elderberry



**Old Orchard**

Organic: Apple



**Seven Farms**

Organic: Apple



**Signature Select**

Antioxidant Cherry Pomegranate Elderberry



**Tipton Grove**

Cranberry Blend

*Wegmans*



**Wegmans**

Cranberry Apple, Cranberry Concord Grape, Cranberry,  
White Grape Cranberry, White Grape Peach

**Welch's**

Orange Pineapple Apple

# CEREAL

COLD CEREAL • HOT CEREAL

## COLD CEREAL

12-ounce size or larger



**Cheerios Oat Crunch Berry**

General Mills



**Vanilla Spice Cheerios**

General Mills



**Apple Cinnamon Toasted Oats**

Grain Berry



**Cinnamon Frosted Shredded Wheat**

Grain Berry



**Original Toasted Oats**

Grain Berry



### Golden Honey Frosted Mini Wheats

Kellogg's



### Corn Flakes Honey Flavor

Kellogg's



### Honey Bunches of Oats Cinnamon Bunches

Post

## HOT CEREAL

11.8-ounce size or larger\*



### Original Instant Oatmeal

Bowl & Basket



### Original Instant Oatmeal

Essential Everyday



### Original Instant Grits

Great Value



### Instant Grits Original \*Current package size is 9.8 ounces

Quaker



### Instant Oatmeal Original \*Current package size is 9.8 ounces

Quaker



# MARYLAND

BETTER NUTRITION, BRIGHTER FUTURE

## QUESTIONS?

Ask your local WIC staff or  
call the Maryland WIC office at 1-800-242-4942 or  
visit our website at [www.mdwic.org](http://www.mdwic.org)



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1400 Independence Avenue, SW  
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2. fax: (833) 256-1665 or (202) 690-7442; or

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