



EFFECTIVE OCTOBER 2021

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 **1/6/2025**.

# 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



**Morinaga** \*Current package size is 10.8 ounces

Silken Soft, Silken Firm, Silken Lite Firm, Organic Silken

\*Current package size is 10.9 ounces

Silken Extra Firm



### Pulmuone

Firm, Silken

Organic: Soft, Silken

## LOW FAT, FAT FREE & NON FAT YOGURT

32-ounce single containers



### LALA

Low Fat: Blended Mango, Blended Strawberry, Plain, Vanilla



### 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



### Wholesome Pantry

Organic: Original 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

# SOY BEVERAGE

Refrigerated Half Gallon



bettergoods (Walmart brand)

Soymilk Original

# 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, Linguine, 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, Penne 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

**WHOLE WHEAT &  
WHOLE GRAIN PASTA**

1-pound (16-ounce) package



**Wild Harvest**

Organic Whole Wheat: Rotini, Thin 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:

48-ounce containers and 11.5-12 ounce frozen concentrate



### Best Yet

Pineapple (48 ounce)



### Food Club

Grape (12 ounce)



### Mott's

Apple, Fruit Punch, Strawberry Kiwi (all 48 ounce)



### Signature Select

Berry Blend, Cranberry Blend, Grape, Pineapple (all 12 ounce)

**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, Strawberry Kiwi



**Musselman's**

Apple



**Nature's Nectar**

Grape, Pineapple



**Nature's Promise**

Organic White Grape



**Ocean Spray**

Cranberry Elderberry



**Old Orchard**

Strawberry Watermelon

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

**Wild Harvest**

Organic Cranberry Flavored Apple Juice Blend

# 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



**Multi-Bran Flakes**

Grain Berry



### Original Toasted Oats

Grain Berry



### Organic Blueberry Clusters

Kashi



### Corn Flakes Honey Flavor

Kellogg's



### Golden Honey Frosted Mini Wheats

Kellogg's



### Bran Flakes

Kemach



### Corn Flakes

Kemach



### Crisp Rice

Kemach



### Toasted Oats

Kemach



### Whole Wheat Flakes

Kemach



### Honey Bunches of Oats Cinnamon Bunches

Post



### Corn Flakes

Taanug



### Crisp Rice

Taanug



### Rice Squares

Taanug



### Toasted Oats

Taanug



# 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



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

Signature Select



# 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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3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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