

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 1/17/2024.



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

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

Wegmans

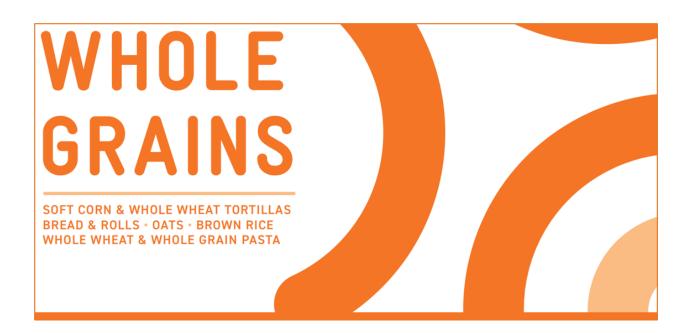
Organic: Plain, Vanilla

A SHOPRITE® BRAND



Wholesome Pantry

Organic: Original Plain, Original Vanilla



SOFT CORN & WHOLE WHEAT TORTILLAS

1-pound (16-ounce) package



Bowl & Basket

Whole Wheat Tortillas

WHOLE WHEAT & WHOLE GRAIN PASTA

1-pound (16-ounce) package

Bionaturae

Organic Whole Wheat: Fusilli



bionatura

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

Whole Wheat: Elbow Macaroni, Penne Rigate, Rotini,



Sood&



Gather



Spaghetti, Thin Spaghetti

Giant

Good & Gather

Organic Whole Wheat: Thin Spaghetti

Mantova

Organic Whole Wheat: Penne Rigate, Spaghetti

Simple Truth

Organic Whole Wheat: Penne Rigate, Rotini, Spaghetti

OATS

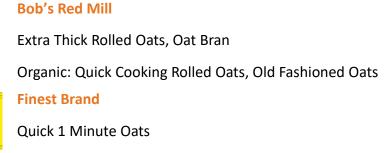
1-pound (16-ounce) package

Old Fashioned Oats, Quick Cooking Oats

Avelina











McCann's Irish Quick Cooking Rolled Oats

Oatsome

Organic: Old Fashioned Rolled Oats, Quick Cooking Oats



Woodstock

Organic: Instant Oatmeal



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

JUICE FOR WOMEN:

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

Apple

Fruit Punch

Musselman's

Nature's Nectar

Grape, Pineapple

Nature's Promise

Organic White Grape

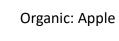
Cranberry Elderberry

Old Orchard

Organic: Apple

Seven Farms

Ocean Spray



Signature Select Antioxidant Cherry Pomegranate Elderberry







Wegmans

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

Welch's

Orange Pineapple Apple



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

See New Present Additional

Original Toasted Oats

Grain Berry

Grain Berry



Golden Honey Frosted Mini Wheats

Kellogg's



Corn Flakes Honey Flavor

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



12 Original Instant Grits



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



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**





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- 3. email: program.intake@usda.gov

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