

Washington State WIC Changes to WIC Allowed Foods In Response to COVID-19 Updated April 10, 2020

We know finding WIC foods has been hard. Thanks for your patience as stores work hard to keep items stocked. WIC is helping too, by adding more approved foods!

You can find newly approved WIC foods in these two ways:

1. **WICShopper app** - Use the [WICShopper app](#) to find out if an item is on the allowed list.
2. **Website** - Go to our [Shopping with WIC](#) webpage to see a full list of new approved foods.

If you want to help us add items to our approved foods list, email us at wawicfoods@doh.wa.gov with photos that include:

- Front of the food label
- Barcode with UPC number
- Ingredient list

Below are the types of WIC foods we would like to add to the allowed list. Please note all foods must meet federal nutrition rules.

WIC Food Groups	Foods to Add
Baby Foods	<ul style="list-style-type: none"> • Stage 2 organic fruits and vegetables • Stage 1 fruits and vegetables, organic and non-organic • Sizes - Baby food must be in 4oz containers or 2oz containers double packs (4oz total) • Organic infant cereal, 8oz or 16oz
Beans	<ul style="list-style-type: none"> • Refried beans that are low fat or nonfat, 15oz to 16oz
Cereal	<ul style="list-style-type: none"> • Hot cereal brands and types • Cold cereal brands and types • Bag cereal • Sizes - Cereal must be 9oz to 32oz sizes

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WIC Food Groups	Foods to Add
Cheese	<ul style="list-style-type: none"> • String cheese • Cheese sticks - all allowed cheese or any combination of allowed cheese • Provolone cheese • Swiss cheese • Munster cheese • Shredded cheese - all allowed cheese or any combination of allowed cheese • Sizes - Cheese must be 8oz, 16oz, or 32oz sizes
Fish	<ul style="list-style-type: none"> • Pouches • More brands • Sizes - Can sizes allowed; 5oz to 6oz tuna, 5oz to 14.75oz salmon, and 3.75 to 4.4oz sardines
Soy Beverage	<ul style="list-style-type: none"> • WESTSOY Organic Plus Vanilla or Plain, 32oz and 64oz container • Great Value Soymilk Original, half gallon container <p>Please note: Most soy beverages don't meet federal nutrition requirements. We will keep looking to see if other brands or types can be added.</p>
Yogurt	<ul style="list-style-type: none"> • Fruit flavored yogurt with <40 gm of sugar/ 8oz • Sizes - Yogurt must be in 32oz containers
Peanut Butter	<ul style="list-style-type: none"> • Organic 16oz containers
Tortillas	<ul style="list-style-type: none"> • Other brands • Sizes - Up to 32oz

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WIC Food Groups	Foods to Add
Whole Wheat Pasta	<ul style="list-style-type: none"> • Other brands • Sizes - Container must be 16oz to 32oz
Bread	<ul style="list-style-type: none"> • Whole grain breads - Whole grain must be the first ingredient on the ingredient list. Whole grain breads can have nuts and seeds • Size - 16oz to 32oz packages
Hot Dog and Hamburger Buns	<ul style="list-style-type: none"> • Whole grain breads - Whole grain must be the first ingredient on the ingredient list • Size - 14oz to 32oz packages

This institution is an equal opportunity provider.

Washington State WIC Nutrition Program does not discriminate.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-525-0127 (TDD/TTY call 711)

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