

NEW WIC FOODS

The foods listed below are now approved by the Mississippi WIC Program

FRUITS AND VEGETABLES

Canned, fresh, and frozen white potatoes are now allowed!

Choose plain vegetables and plain vegetable mixtures.

Vegetables that are fried or mixed with butter, oil, sauces, cheese, noodles, rice, and meat are not allowed.

Fresh herbs are now allowed! Now you can get:

Basil	Oregano
Bay Leaves	Parsley
Chervil	Rosemary
Chives	Sage
Cilantro	Savory
Dill	Sorrel
Lemongrass	Tarragon
Marjoram	Thyme
Mint	

CEREAL

Choose 11 oz to 36 oz boxes or bags only, any combination that does not go over 36 oz.

Whole Grain Options *

Quaker

Oatmeal Squares, Brown Sugar *

Oatmeal Squares, Honey Nut *

Life, Multigrain Vanilla *

Mighty Life, Very Vanilla *

General Mills

Cheerios *

Multi-Grain Cheerios *

Cheerios Veggie Blends – Apple Strawberry *

Cheerios Veggie Blends – Blueberry Banana *

Kix Original *

Kix Honey *

Kix Berry Berry

Total *

Wheaties *

Bluey *

Chex, Corn

Chex, Rice

CEREAL (continued)

Kellogg's

Special K, Original

Special K Protein, Original with Cinnamon *

Frosted Mini Wheats, Original *

Frosted Mini Wheats, Little Bites *

Frosted Mini Wheats Bite Size, Strawberry *

Frosted Mini Wheats, Blueberry Muffin *

Frosted Mini Wheats, Cocoa *

Frosted Mini Wheats, Pumpkin Spice *

Frosted Mini Wheats, Cinnamon Roll *

Complete Bran *

Kashi Cocoa Clusters *

Kashi Blueberry Clusters *

Kashi Hearts and O's, Honey Toasted *

Kashi Hearts and O's, Warm Cinnamon *

Crispix Original

Corn Flakes

Rice Krispies

Post

Great Grains, Banana Nut Crunch *

Great Grains, Crunchy Pecan *

Grape Nuts, Original *

Grape Nuts, Flakes *

Honey Bunches of Oats, Vanilla Bunches

Honey Bunches of Oats, Honey Roasted

Honey Bunches of Oats, with Almonds

Malt-O-Meal

Mini Spooners *

Mini Spooners, Strawberry *

Grain Berry

Multi Bran Flakes *

Cinnamon Frosted Shredded Wheat *

Original Toasted Oats *

Apple Cinnamon Toasted Oats *

BREAD

Pepperidge Farm 100% Whole Wheat Light Style Bread, 16 oz

Pepperidge Farm 100% Whole Wheat Very Thin Bread, 16 oz

Pepperidge Farm Soft Wheat Light Style Bread, 16 oz



YOGURT

Lala Low Fat Yogurt Strawberry, 32 oz

Lala Low Fat Yogurt Mango, 32 oz

Lala Low Fat Yogurt Vanilla, 32 oz

