

Washington State WIC
Changes to WIC Allowed Foods
in Response to COVID-19
Updated March 25, 2020

Due to food shortages related to COVID-19, Washington WIC is looking to add the items below. By adding these items, we hope to improve WIC participant access to WIC allowed items.

Priority	Food	What Can Be Done Now With Federal Regulations
1	Baby Foods	<ul style="list-style-type: none"> • Add Gerber and Beechnut organic brands • Add stage 1 fruits and vegetables
2	Beans	<ul style="list-style-type: none"> • Add refried beans
1	Cereal	<ul style="list-style-type: none"> • Add cereals approved within Western Region (e.g. Malto-Meal, store brands, flavored Kix, etc.) • Add bag cereal
1	Cheese	<ul style="list-style-type: none"> • Add string cheese • Add cheese sticks – all allowed cheese or any combination of allowed cheese • Add Provolone cheese • Add Swiss cheese • Add Munster • Add Pasteurized American cheese • Allow 8 ounce size of all allowed cheeses (not just Kosher) • Add grated cheese, 8 oz., 16 oz., 32 oz.
1	Eggs	<ul style="list-style-type: none"> • Add brown eggs • Add free range and/ or cage free • Add organic eggs
3	Fish - Canned	<ul style="list-style-type: none"> • Add pouches
3	Fruits and Veg	<ul style="list-style-type: none"> • Add canned fruits and vegetables
1	Milk	<ul style="list-style-type: none"> • Add organic milk • Add UHT/shelf stable milk • Allow Buttermilk

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Priority	Food	What Can Be Done Now With Federal Regulations
		<ul style="list-style-type: none"> • Add Kefir milk
1	Yogurt	<ul style="list-style-type: none"> • Add whole milk yogurt (32oz) – plain, vanilla, • Add Greek yogurt – low fat, nonfat, whole • Add organic yogurt
2	Fruit flavored Yogurt	<ul style="list-style-type: none"> • Fruit flavored yogurt with <40 gm of sugar/ 8 oz.
2	Peanut Butter	<ul style="list-style-type: none"> • Add organic
1	Soy Beverage	<ul style="list-style-type: none"> • Add organic soy beverage • Add other brands
2	Tofu	<ul style="list-style-type: none"> • Add non-refrigerated tofu • Allow any brand • Allow containers smaller than 16 ounces
1	Bread, Hot Dog and Hamburger Buns	<ul style="list-style-type: none"> • Add brands of 100% whole wheat bread • Whole grain must be the primary ingredient by weight in all whole grain bread products. AND must meet FDA labeling requirements for making a health claim as a “whole grain food with moderate fat content”. 16 to 32 oz.
2	Whole Wheat Pasta	<ul style="list-style-type: none"> • Add store brands
1	Tortillas	<ul style="list-style-type: none"> • Increase brands

Food	Items That May Need System Changes or Federal Waiver
Yogurt	<ul style="list-style-type: none"> • Add 8 ounce containers
Eggs	<ul style="list-style-type: none"> • Hard boiled eggs • Add dried eggs
Fruits and Veg	<ul style="list-style-type: none"> • Add canned fruits and vegetables • Add dried fruits – hold off on this one

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Canned Fish	<ul style="list-style-type: none">• Add oil-packed brands
Peanut Butter	<ul style="list-style-type: none">• Add the 18 ounce back
Juice	<ul style="list-style-type: none">• Add other brands