



# DC WIC COVID-19 Expanded Food List

DC WIC has **temporarily expanded its food list** in response to the COVID-19 (coronavirus) emergency to ensure WIC participants and their families have the food they need to stay healthy. **The chart below shows only the NEW FOODS that WIC participants can buy.**

## Instructions for WIC participants:

- 1) Refer to the [food list](#) in your WIC ID folder when shopping for a specific food item.
- 2) If you cannot find a food item at the store, review the list below of **additional foods** you can purchase with your WIC checks.
- 3) Contact your local WIC site if you have any questions: [dcwic.org/wic-locations](http://dcwic.org/wic-locations)

(Effective: 4/1/2020 until further notice)

Food Category	New Foods	Notes About Buying
Bread	<b>32 oz. loaves of 100% Whole Wheat Bread</b> (brands listed in WIC ID folder)	32 oz. loaf of bread will count as <b>2 whole grain choices</b>
Pasta	<b>32 oz. package of 100% Whole Wheat Pasta</b> (brands listed in WIC ID folder)	32 oz. box of pasta will count as <b>2 whole grain choices</b>
Cow's Milk	<b>All container sizes of milk</b> (quart, half gallon & gallon)	- <b>Mix &amp; match container sizes</b> regardless of container size listed on check ( <i>Ex: Can buy 4 quarts of 1% milk instead of 1 gallon</i> ) -Buy <b>no more than the total amount of milk</b> listed on check
	<b>Goat milk</b> (all brands, including organic)	-Can substitute goat milk for cow's milk - <b>Type of milk</b> (fluid, powdered, evaporated) and <b>% fat</b> (non-fat, 1%, 2%, whole) <b>must match</b> what is written on the check
	<b>Plain low-fat kefir</b> (all brands, including organic)	Can substitute <b>plain low-fat kefir</b> for cow's milk
	<b>Organic cow's milk</b> (all brands)	<b>Type of milk</b> (fluid, powdered, evaporated) and <b>% fat</b> (non-fat, 1%, 2%, whole) <b>must match</b> what is written on the check
Yogurt	<b>All container sizes of yogurt</b>	- <b>Mix &amp; match container sizes</b> regardless of container size listed on check ( <i>Ex: Can buy five 6 oz. containers instead of one 32 oz. container</i> ) -Buy <b>no more than total amount of yogurt</b> listed on check
	<b>Plain low-fat Greek yogurt</b>	Buy <b>no more than the total amount of yogurt</b> listed on check
	<b>Organic Greek &amp; organic regular yogurt</b> (all brands)	Must buy <b>plain, low-fat</b> or <b>plain, non-fat yogurt</b>

Soy Milk	Gallon containers of soy milk	-Mix & match container sizes regardless of container size listed on check -Buy no more than the total amount of soy milk listed on check
	All brands of soy milk	
	Unsweetened flavored soy milk	
	Organic soy milk	
Cheese	24 oz, 38 oz, 48 oz packages of cheese	These size packages should <b>only be used with multiple checks.</b>
	24-pack or 28-pack of cheese sticks	Can be <b>substituted for 16 oz. of cheese</b>
	Organic cheese (all brands)	Can buy <b>shredded, cubed, sliced or sticks</b>
Eggs	All egg sizes (medium, large, XL)	Buy the <b>total number of eggs</b> listed on check
	All carton sizes (6, 12, 18, 24 eggs)	18-count & 24-count cartons must be purchased with multiple checks, unless 'two dozen eggs' is written on your check
	All egg colors (white or brown)	
	Organic eggs (all brands)	<b>Cannot buy</b> eggs with <b>added omega-3's</b>
Beans	All sodium levels of canned beans	Buy the <b>total amount of beans</b> listed on check
	Organic beans (all brands)	
Peanut Butter	Full-fat peanut butter (all brands)	Buy the <b>total amount of peanut butter</b> listed on check
	Organic peanut butter (all brands)	Buy <b>chunky, creamy, or crunchy</b> . Only peanut butter, <b>no blends</b>
Baby Food Vegetables & Fruit	2 oz. containers (all brands)	-Buy <b>plain</b> vegetables & fruit
	4 oz. pouches (all brands)	-Buy combinations of vegetables or fruit ( <i>example: peas &amp; carrots, apples &amp; pears</i> ) but <b>not vegetables mixed with fruit</b>
	Organic baby fruits & vegetables (all brands)	
*Additional Organic Foods	Organic brown rice, organic barley	-Buy <b>any brand</b> -Follow instructions in <b>WIC ID folder</b> for specific items
	Organic canned fish, organic baby food meat	
	Organic fruits & vegetables (canned, fresh, frozen)	

**Note about WIC Formula:** If a WIC participant is having trouble finding the formula listed on their check, they should speak to the store manager to see when shipments are scheduled and whether items (such as formula) can be put on hold for them.

## WIC is here for you!

This institution is an equal opportunity provider.

(Page 2 of 2)

