



Maine WIC's Approved Food List June 6, 2016
 Changes to approved foods

Page	Food Category/ Topic	Changes
14	Cheese	<ul style="list-style-type: none"> • Added: <ul style="list-style-type: none"> ○ Muenster, any brand ○ Provolone, any brand • Blends (of cheeses on list) allowed
14	Tofu	<ul style="list-style-type: none"> • Only 16 oz packages allowed • Removed from list <ul style="list-style-type: none"> ○ Azumaya: Lite Extra Firm ○ Nasoya: <ul style="list-style-type: none"> ▪ Soft ▪ Firm ▪ Lite Firm ▪ Lite Silken
14	Yogurt – all new!	<ul style="list-style-type: none"> • 32 oz containers only (32 oz equals 1 quart or 2 lbs) • Must match milk fat content described on check: <ul style="list-style-type: none"> ○ Whole milk yogurt or ○ Lowfat or nonfat yogurt • Allowed flavors: <ul style="list-style-type: none"> ○ Plain ○ Vanilla ○ Strawberry ○ Blueberry • May choose Greek, Light, or Regular • Allowed brands: <ul style="list-style-type: none"> ○ Best Yet ○ Cabot ○ Chobani ○ Coburn Farms ○ Dannon ○ Great Value ○ Green Mountain Creamery ○ Hannaford ○ Lucerne ○ Market Basket ○ Open Nature ○ Shurfine ○ Stony Field Farms ○ Taste of Inspirations ○ Yoplait

15	Whole Grain	<ul style="list-style-type: none"> • Oatmeal <ul style="list-style-type: none"> ○ Removed from list: <ul style="list-style-type: none"> ▪ Silver Palate Thick and Rough • Tortillas <ul style="list-style-type: none"> ○ Added: <ul style="list-style-type: none"> ▪ Hannaford Whole Wheat ○ Removed from list <ul style="list-style-type: none"> ▪ All types of Carlita tortillas ▪ My Essentials brand • Whole Wheat Pasta- all new! • 16 oz packages only • Products allowed: <ul style="list-style-type: none"> ○ Great Value Pasta: <ul style="list-style-type: none"> ▪ Whole Wheat Spaghetti ○ Hodgson Mill Pasta: <ul style="list-style-type: none"> ▪ Whole Wheat Angel Hair ▪ Whole Wheat Elbows ▪ Whole Wheat Spaghetti ▪ Whole Wheat Spirals ▪ Whole Wheat Thin Spaghetti ○ Ronzoni Healthy Harvest Pasta: <ul style="list-style-type: none"> ▪ Whole Grain Linguine ▪ Whole Grain Penne Rigate ▪ Whole Grain Rotini ▪ Whole Grain Spaghetti ▪ Whole Grain Thin Spaghetti ○ Shurfine Pasta: <ul style="list-style-type: none"> ▪ 100% Whole Wheat Penne ▪ 100% Whole Wheat Spaghetti
16	Whole Grain, continued	<ul style="list-style-type: none"> • Breads, 16 oz <ul style="list-style-type: none"> ○ Added to list: <ul style="list-style-type: none"> ▪ Signature Kitchen: <ul style="list-style-type: none"> • No Salt Added Whole Wheat • 100% Whole Wheat ▪ Weight Watchers Multigrain ○ Removed from list: <ul style="list-style-type: none"> ▪ Bimbo 100% Whole Wheat ▪ Country Kitchen 100% Whole Wheat ▪ Shaw's No Salt Added Wheat
17/18	Brand-Name Breakfast Cereals	<ul style="list-style-type: none"> • Added: <ul style="list-style-type: none"> ○ Kellogg's: <ul style="list-style-type: none"> ▪ Frosted Mini Wheats Mini-Bites ▪ Mini Wheats Unfrosted ○ Post: Honey Nut Shredded Wheat

18	Store Brand Cereals	<ul style="list-style-type: none"> • Added: <ul style="list-style-type: none"> ○ Great Value: Toasted Rice ○ Hannaford: <ul style="list-style-type: none"> ▪ Bite Size Shredded Wheat ▪ Tasteos ○ Signature Kitchens: <ul style="list-style-type: none"> ▪ Corn Flakes ▪ Crispy Rice ▪ Frosted Shredded Wheat ▪ Toasted Oats • Removed from list: <ul style="list-style-type: none"> ○ Essential Everyday brand cereals ○ My Essentials brand cereals ○ Great Value: Crunchy Nuggets ○ Hannaford: Crispy Hexagons
19	64 oz Bottled 100% Juice	<ul style="list-style-type: none"> ▪ Added: <ul style="list-style-type: none"> ○ Hannaford: Apple ○ Signature Kitchen: <ul style="list-style-type: none"> ▪ Apple ▪ Grape ▪ White Grape ○ Welch's: <ul style="list-style-type: none"> ▪ Grape ▪ Red Grape ▪ White Grape ▪ Removed from list: <ul style="list-style-type: none"> ○ Essential Everyday brand ○ My Essentials brand
20	Frozen/Liquid Concentrate 100% Juice	<ul style="list-style-type: none"> • Added: <ul style="list-style-type: none"> ○ Signature Kitchen: Apple • Removed from list: <ul style="list-style-type: none"> ○ Essential Everyday brand

Customer use of new food list starts June 6, 2016. Until September 6, 2016 both the old and new food lists will be in use by WIC Customers.