

New Approved Food List Changes: Effective April 13,2020

Baby Cereal:

- Sizes allowed: 8 oz & **NEW:** 16 oz containers
 - Approved brands are: Beech Nut Original & **NEW:** Beech Nut Organic, **NEW:** Earth's Best, Gerber: Original & Organic

Infant Fruits & Vegetable

- Allowed: Any combination of 2- & **NEW:** 4-ounce **containers** (jars, pouches, or tubs, & multipacks) without going over the total amount of 32 or 64 ounces on the checks. (After eWIC the benefit card will tell total amount allowed for the month) Any stage of infant or baby food.
- Approved Brands: Beech Nut (Classics, Natural, Organic)
 - **NEW:** Earth's Best Organic, Happy Baby, Nature's Promise, Once Upon a Farm, O Organics, Parent's Choice, Plum Organics, Gerber: Natural, Original & Organic

Infant Meats:

- Allowed: Beef, chicken, turkey, ham in 2.5 oz. **NEW:** Multipacks & Organic
- Approved Brands: Beech Nut, **NEW:** Earth's Best Organic, Gerber

Cheese:

- Regular, reduced fat or fat free in any combination of 8 oz, 16 oz, **NEW:**24 oz & 32 oz up to the amount allowed in benefit.

Milk:

- Lactose Free, UHT, Acidophilus, and Powdered Milk may be purchased in place of regular milk benefit if the fat content is the same as stated in package.
- ¾ gallons Lactose free approved.

Yogurt, Tortillas, Whole Wheat Pasta, Whole Wheat Bread Cereal & Juice:

- Additional brands approved

Beans, Peas, Lentils:

- Allowed 16 ounce, **NEW:**32-ounce packages of dried products
- Regular & **NEW:** Organic store brand: Full Circle, Great Value, Nature's Place, O Organics
- **NEW:** Organic store brand of 15-16 oz canned beans

Brown Rice:

- **NEW:** Allowed:14-32-ounce package sizes
- Regular or **NEW:** Organic store brands

Eggs: **NEW:** Organic or Cage free

