



STATE OF WASHINGTON

**DEPARTMENT OF HEALTH**  
Prevention and Community Health  
Office of Nutrition Services  
Washington WIC  
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Dear WIC families,

We updated the WIC Shopping Guide. You can find a copy:

- On the web <https://www.doh.wa.gov/YouandYourFamily/WIC/ShoppingwithWIC/WICShoppingGuideAt>;
- At your WIC clinic;
- In the WICShopper app under “WIC Allowable Foods”.

Updates to the guide include:

- New shopping tips;
- New foods added since the last update;
- Removal of foods that are no longer available;
- Added package sizes under infant fruits, infant vegetables, cheese, and fish;
- Removal of infant rice cereal
- USDA changed allowed package sizes for breakfast cereal and whole grain options.

The WIC program wants to help you get the most foods with your benefits. For this reason, you’ll see changes to some of the food package sizes allowed for breakfast cereal and whole grains. This may change what you normally get at the store. For this reason, we ask you to:

**1. Look closely at the allowable package sizes:**

- Breakfast cereal:
  - See pages 11 & 12 of the shopping guide;
  - Use “Tips for Buying WIC Breakfast Cereal”.
- Whole grains:
  - See page 32 of the shopping guide.

## 2. Plan for the cereal and whole grain package size change.

Here's a couple of things to note when shopping for breakfast cereal and whole grains:

- Allow families until the **end of April** to adjust to this change. For this reason, some package size not listed under “must be” in the new guide will scan as “allowed” in the app and at store checkout.
- On **May 1, 2022** you will **only** be able to get package sizes listed under “must be” in the updated WIC shopping guide.

## 3. Let us know if you have questions:

- Ask WIC staff at your next appointment;
- Send an email to [wawicfoods@doh.wa.gov](mailto:wawicfoods@doh.wa.gov)

We are excited for the updated guide and hope you find it helpful. We also thank you in advance for your patience as we make this change together around breakfast cereal and whole grain package sizes.

Sincerely,

Washington State WIC Program

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