



VERMONT DEPARTMENT OF HEALTH

# VERMONT WIC FOODS

Effective October 2022-September 2023



**Additions to the Vermont WIC  
Foods Guide dated October 2021**

Vermont WIC Program  
Vermont Department of Health  
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802-863-7333

This institution is an equal opportunity provider.

## Eggs

### ✓ WIC-Approved

- Organic

### ⊘ Do not buy

- Organic

Now Approved

## Dozen, Any Size



Any Brand

## Milk

### ✓ WIC-Approved

- Enhanced
- Organic

### ⊘ Do not buy

- Enhanced
- Organic

Now Approved

## Fluid

## Gallon, 1/2 gallon, quart



- Whole: For children 12–24 months
- Low-fat (1%) or nonfat (skim)

### Organic Milk Brands Allowed



Full Circle



Horizon



Nature's Promise



O Organics



Organic Valley



Stonyfield Organics

### ⚠ Fortification Guidelines

- **Whole milk** must contain 400 International Units (IU) of vitamin D per quart (100 IU per cup).
- **Low-fat (1%) and nonfat (skim) milk** must contain 2000 IU of vitamin A per quart (500 IU per cup).

## Yogurt



New Brand

Activa

- Any flavor



New Flavor

Dannon

- Light & Fit Greek: Plain

## Tortillas



New Brand

Pics

- Corn
- Whole Wheat

## Hot Cereal



New Variety

Cream of Wheat

- Instant Original  
- 12.7 oz
- Instant Whole Grain  
- 12 oz

## Cold Cereal

New Brands and Flavors

### 8.9-36 ounces

Pics



Honey Oats & Flakes with Almonds

Post



Honey Bunches of Oats

Grain Berry



Grain Berry

- Cinnamon Bunches
- Multi-Bran Flakes

That's Smart



That's Smart

- Crisp Rice

# Child's Juice Shelf-stable

More Brands and Flavors

64 ounce bottles



**Great Value**

- Pineapple
- Pear
- Mango
- Cranberry Pomegranate



**Hannaford**

- 100% Cherry Juice Blend
- Cranberry Juice
- Hot and Spicy Vegetable Juice
- Pineapple Juice
- Tomato Juice



**Ocean Spray**

- Cranberry Elderberry Juice



**That's Smart**

- Grape Juice



**Welch's**

- Orange Pineapple Apple
- Grape Juice with Fiber

## Infant Cereal

8 ounce packages



New Flavor

**Beech Nut**

- Golden Corn

## Infant Fruits and Vegetables

Single 4 ounce



New Brand

**O Organics**

## New Cash Value Benefit Amounts for Fruits and Vegetables

- **Children:** \$25 per month
- **Pregnant/Postpartum:** \$44 per month
- **Breastfeeding:** \$49 per month