

Changes to the 2025-2026 Utah WIC Program Shopping Guide effective October 1, 2025

Cheese

Added:

- 32 ounce packages

Tofu

Removed:

- Azumaya – Silken
- Franklin Farms – Silken
- Nasoya – Super firm
- O Organics – Silken
- Simple Truth Organic – Silken
- Wildwood Organic – Silken

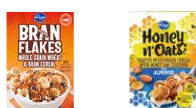
Cold cereal

Added:

- General Mills – Bluey, Cheerios Hearty Nut Medley, Chex Strawberry Vanilla, Wheaties Protein (Honey Pecan or Maple Almond)



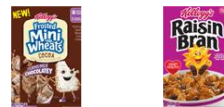
- Kroger – Bran Flakes, Honey n' Oats With Almonds



Cold cereal

Added:

- Kellogg's – Frosted Mini Wheats Cocoa, Raisin Bran



- Great Value – Frosted Strawberry Shredded Wheat



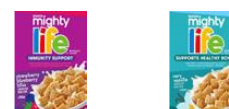
- Malt-O-Meal – Raisin Bran



- Post – Bran Flakes, Great Grains (Cranberry Almond Crunch, Raisin Date Pecan, Red Berry Almond Crunch), Raisin Bran



- Quaker – Mighty Life (Mixed Berry, Very Vanilla)



Cold cereal

Removed:

- Essential Everyday – Bite Size Frosted Shredded Wheat, Strawberry Cream, Bran Flakes, Corn Flakes, Crispy Hexagons, Crispy Rice, Crunchy Corn Squares, Crunchy Oat Cereal, Crunchy Rice Squares, Toasted Oats



- Food Club – Corn Squares, Crisp Rice, Wheat Squares



- Freedom's Choice – Corn Flakes, Crisp Rice, Crispy Honey Oats and Flakes with Almonds



- General Mills – Cheerios Oat Crunch Berry, Kix (Berry Berry, Honey)



- Great Value – Corn Squares, Rice Crisps



- Kellogg's – Crispix, Frosted Mini Wheats (Blueberry, Cinnamon Roll, Golden Honey, Pumpkin Spice), Rice Krispies



Cold cereal

Removed:

- Kroger – Crispy Rice, Honey Crisp Medley (Multigrain), Nutty Nuggets



- Malt-O-Meal – Crispy Rice



- Post – Honey Bunches of Oats (Cinnamon Bunches, Maple and Pecans)



- Quaker – Vanilla Life, Cinnamon Oatmeal Squares



- Shoppers Value – Corn Flakes, Crisp Rice Cereal



- Signature Select – Crispy Rice, Oats & More (Almonds or Honey)



- WinCo – Bran Flakes, Crispy Rice



Hot cereal

Added:

- Great Value – Original Grits



Removed:

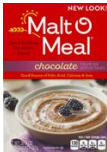
- Cream of Wheat – Cream of Wheat 1 Minute, Cream of Wheat 2 ½ Minutes Original



- Food Club – Creamy Wheat Farina



- Malt-O-Meal – Chocolate Hot Wheat, Co Co Wheat



- Quaker – Instant Grits (Butter, Cheddar Cheese, Country Bacon, Red-eye Gravy & Country Ham, Variety)



Peanut butter

Added:

- Laura Scudder's



Tuna

Added:

- 6 oz pouches

Salmon

Added:

- Field Day
- Red sockeye salmon



Sardines (added)

Allowed: Brands listed below; 3.75 oz cans

- May be packed in water, oil, or seasoning (Louisiana hot sauce, mustard, tomato, etc.)

Beach Cliff



Brunswick



Bumble Bee



Great Value



Kroger



Not allowed: Brands not listed or cans of sardines that are smaller or larger than 3.75 oz

Infant cereal

Added:

- Organic
- Earth's Best Organic



Removed:

- Beech-Nut



Infant fruits and vegetables

Added:

- Wild Harvest



Removed:

- Earth's Best Organic



Infant meats

Removed:

- Earth's Best Organic



Brown rice

Added:

- 32 ounce packages (regular)

Whole grain bread

Added:

- 16 ounce Oroweat – 100% Whole Wheat Hot Dog Buns



- 24 ounce Great Value – 100% Whole Wheat & Honey Bread



Tortillas

Added:

12 to 32 oz sizes

- Calidad – White Corn 20 oz



- Don Pancho – Whole Wheat 12.7 oz, Yellow Corn 13 oz, Yellow Corn 24.9 oz, White Corn 24.9 oz, Yellow Corn 26 oz



Tortillas

Added:

- Great Value – White Corn 25 oz



- Guerrero – White Corn 25 oz, White Corn Street Tacos 31.5 oz, Yellow Corn Street Tacos 31.5 oz



- Kroger – White Corn 24 oz



- La Banderita – White Corn 24.9 oz



- Mission – Yellow Corn Street Taco 12.6 oz, White Corn Street Taco 12.6 oz



- La Burrita – Yellow Corn 13.4 oz



Removed:

- Rancho Market – Whole Wheat Tortillas 16 oz



Whole wheat pita bread (added)

Allowed: Brands listed below;
16.8 oz

Papa Pita



Sam's Choice



Not allowed: White pita bread, or
containers smaller or larger than
16.8 oz

Whole wheat English muffins (added)

Allowed: Brands listed below; 12 to
24 oz

Franz



Oroweat



Signature Select



Whole wheat English muffins (added)

Allowed:
Thomas'



Not allowed: White English muffins,
or containers smaller or larger than
12 oz or larger than 24 oz

Oats (added)

Allowed: Brands listed below; 12 to
32 oz

Essential Everyday – Old Fashioned,
Steel Cut, Quick 1-Minute Oats



Food Club – Old Fashioned, Quick,
Steel Cut Oats



Full Circle – Gluten Free Quick



Oats (added)

Allowed:

Great Value – Gluten Free Quick, Old Fashioned, Quick



Kroger – 1 Minute Oats



Mom's Best – Old Fashioned, Quick Oats



Quaker – 1-Minute Regular, 1-Minute Glute-Free, Steel Cut Quick 3-Minute, Steel Cut Hearty Traditional Oats



Not allowed: Individual serving oatmeal packets, or canisters smaller than 12 oz or larger than 32 oz

*Purchasing canisters of oats uses your whole grain benefit. Purchasing individual serving packets of oatmeal uses your cereal benefit.

Quinoa (added)

Allowed: Brands listed below; quinoa or quinoa and whole grain rice mix, 12 to 32 oz

Great Value – Tri-color, Red, or White Quinoa, Quinoa & Brown Rice



Kroger – White Quinoa



Minute – Rice & Quinoa



O Organics – Tri-color or White Quinoa



Simple Truth Organic – Red or White Quinoa



Quinoa (added)

Allowed:

Success – Tri-color Quinoa



Not allowed: Pre-cooked or individual serving cups

Fruits and vegetables

Added: Canned fruits and vegetables

- Cans



- Cups



- Salsa



Not allowed: Artificial sweeteners, decorative, dressings, dried, packages/party trays with additions (dips, meat, noodles, nuts), pouches pickled, relishes, creamed, roasted, soups, olives, salad bars, spices, or salsa with sugar or oil

*Mature beans, peas, and lentils (such as black beans, kidney beans, black-eyed peas) are included in your peanut butter/bean benefit



Yogurt

Allowed: Brands listed below; 32 oz containers

Allowed whole-fat:

Bettergoods – Plain Greek



Brown Cow – Maple, Plain, Vanilla



Chobani – Plain Greek



Food Club – Vanilla



Kroger – Blended Vanilla Greek



Lucerne – Plain, Plain Greek



Yogurt

Allowed whole-fat:

Mountain High – Plain, Vanilla



Stonyfield Organic – Probiotic Banilla, Probiotic Plain, Probiotic Strawberry, Probiotic Vanilla



WinCo – Plain



Allowed reduced-fat or low-fat:

Chobani – Less Sugar Madagascar Vanilla & Cinnamon Greek, Plain Greek



Dannon – Plain



Essential Everyday – Blended Blueberry, Blended Strawberry, Blended Vanilla



Yogurt

Allowed reduced-fat or low-fat:

Food Club – Blended Peach, Blended Raspberry, Blended Strawberry, Blended Vanilla, Plain



Kroger – Blended Vanilla



Lucerne – Plain Greek, Strawberry



LaLa – Blended Mango, Blended Strawberry, Blended Vanilla, Plain



Mountain High – Plain, Vanilla



Stonyfield Organic – Plain, Vanilla



Tillamook – Oregon Strawberry, Vanilla Bean



Yogurt

Allowed non-fat:

Chobani – Blended Strawberry Greek, Plain Greek, Vanilla Greek, Zero Sugar Strawberry Greek, Zero Sugar Vanilla Greek



Essential Everyday – Plain



Food Club – Plain Greek



Great Value – Plain, Plain Greek, Vanilla Light, Vanilla Light Greek



Kroger – Carbmater Vanilla



Lucerne – Light Vanilla, Plain, Plain Greek, Vanilla Greek



Mountain High – Plain



Yogurt

Allowed non-fat:

Oikos – Triple Zero Vanilla Greek, Vanilla Bean Greek



O Organics – Plain Greek



Stonyfield Organic – Plain, Plain Greek, Vanilla



WinCo – Plain, Plain Greek, Vanilla Greek



Not allowed: Drinkable, frozen, individual serving cups, or containers smaller or larger than 32 oz

Soy milk

Removed:

- Great Value



Juice 12 oz frozen concentrate (removed)

Removed

Juice 64 oz

Added:

- Great Value – Fruit Punch, Orange Blend, Ruby Red Grapefruit
- Kroger – Cranberry Cherry
- Mott's – Pineapple Passionfruit, Strawberry Kiwi
- Signature Select – Apple Cider

Removed:

- Food Club – Spicy Vegetable
- Kroger – Spicy Vegetable
- Langers – Concord Grape
- Welch's – Orange Pineapple Apple, White Grape Cherry