

# Changes to the 2023-2024 Utah WIC Program Shopping Guide

## Effective October 1, 2023

### Cheese

#### Added:

- Pasteurized Processed American
- Provolone
- Muenster

### Tofu

**Allowed:** Store Brand/private label or name brand listed below; 14 oz – 16 oz

- Block tofu
- Organic allowed
- Tofu only if assigned and printed on eWIC receipt/benefit list

-  Wood Stock (firm, extra firm)
-  O Organics ( firm, extra firm)
-  Nasoya (super firm, extra firm)
-  House Foods (medium firm, firm, extra firm)
-  Franklin Farms (soft, silken, medium firm, pressed firm, firm, extra firm)
-  Azumaya (silken, firm, extra firm)
-  Simple Truth Organic (silken, firm, extra firm)
-  Wildwood Organic (silken, firm, extra firm)

**Not Allowed:** Any form other than block (i.e.) cubed, added fat, sugars, oils, sodium or seasoned

### Cereal

#### Added:

- Kroger – Nutty Nuggets, Corn Flakes



- Food Club – Frosted Shredded Wheat (strawberry)



- Essential Everyday – Crisp Rice Toasted Rice, Crispy Hexagons, Toasted Oats, Crunchy Corn Squares, Crunchy Rice Squares, Crunchy Oat Cereal



- Broadus Foods – Snoop Frosted Drizzlers



- Shoppers Value – Corn Flakes



- General Mills – Cheerios (Vanilla Spice, Oat Crunch Berry)



## Cereal

### Added (Continued):

- Kellogg's – Corn Flakes Honey, Kashi Hearts & O's (Warm Cinnamon, Honey Toasted), Frosted Mini Wheats (strawberry & Golden Honey)

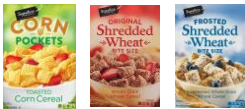


- Freedom's Choice – Bran Flakes, Frosted Shredded Wheat, Toasted Oats, Crispy Rice, Corn Flakes, Crispy Honey Oats and Flakes



### Removed:

- Signature Select – Corn Pockets, Shredded Wheat Bite Size, Frosted Shredded Wheat Bite Size



- Grain Berry – Original Toasted Oats, apple cinnamon Toasted Oats, Bran Flakes, Cinnamon Frosted Shredded Wheat



- Great Value – Crunchy Honey Oats, Wheat Squares, Multigrain O's, Crunchy Nuggets



- Kroger – Bran Flakes, Honey Crisp Medley Almond



- Food Club – Twin Grain Crisp



## Cereal

### Removed (Continued):

- Quaker – Oatmeal Squares Golden Maple



- General Mills – Sesame Street (Cinnamon and Berry)



- Kellogg's – Frosted Mini Wheats Filled Mixed Berry, Special K Banana, Special K protein Honey Almond, Cinnamon Corn Flakes



### Renamed:

- Post – Pecan & Maple Brown Sugar → Maple & Pecans



- Great Value – O's Oat Cereal → Toasted O's



## Hot Cereal

### Added:

- Quaker – Grits (Red-Eye Gravy and Country Ham)



### Removed:

- Quaker – Oatmeal 3 Minutos



## Peanut Butter

### Added:

- Essential Everyday
- Shopper's Value
- Smart Way
- Private Selection



## Whole Grain Bread

### Removed:

- Western Farms – 100% Whole Wheat Sugar Free



## Whole Wheat Pasta

### Added:

- Essential Everyday



## Chunk Light Tuna or Jack Mackerel

### Removed:

- 5 ounce pouches

## Salmon

### Added:

- Essential Everyday



### Removed:

- Full Circle



## Infant Fruits and Vegetables

### Removed:

- Beech-Nut – Classics



## Whole Grain Bread

### Added:

- Aspen Mills – Honey Whole Wheat
- Great Value – 100% Whole Wheat
- Wonder 100% Whole Wheat
- Kroger – 100% Whole Wheat



## Tortillas

### Added:

- Essential Everyday – Whole Wheat



### Removed:

- La Banderita – Fajita
- Food Club – Whole Wheat, White Corn



- Kroger – Corn



## Whole Fat Yogurt

### Added:

- Type of yogurt allowed now listed under every brand. (i.e. Regular Greek, etc.)

- Essential Everyday



- Great Value



- Brown Cow



## Whole Fat Yogurt

### Removed:

- Liberte



## Reduced Fat Yogurt

### Added:

- Type of yogurt allowed now listed under every brand. (i.e. Regular Greek, etc.)

- Tillamook



- Essential Everyday



- Activia – Regular



### Removed:

- Activia – Lactose Free, Greek
- Liberte



## Soy Milk

**Allowed:** Name brand listed below; half gallon or quart

- Original Flavor
- Refrigerated or Shelf Stable (UHT)
- Soy milk only if assigned and printed on eWIC receipt/benefit list

 Silk

 8<sup>th</sup> Continent Soymilk

 Pacific Foods

**Not Allowed:** Any flavor other than original, organic

## Frozen Juice Concentrate 12 oz (Women)

### Added:

- Old Orchard – Immune Health Citrus
- Essential Everyday – Apple, Orange



- Kroger – Pineapple Orange



### Removed:

- Langers – Apple, Autumn Blend, Grape, Orange, Pineapple, Spring Blend, Summer Blend, Winter Blend



## Juice 64 oz (Children)

### Added:

- Kroger – Ruby Red Grapefruit, Grapefruit
- Welch's – White Grape Cherry, Concord Grape with Fiber, White Peach
- Ocean Spray – Concord Grape, Cranberry Concord Grape, Cranberry Elderberry, Cranberry Watermelon
- Great Value – White Grape, Mango, Peach Mango



- Old Orchard – Orange Tangerine



- Signature Select – Vegetable Low Sodium







- Food Club – Cranberry










## Juice 64 oz (Children)

### Added (Continued):

- Tree Top – Orange Passionfruit  

- Langers – Cranberry, Apple Orange Pineapple, Orange Juice Blend  

- Smart Way – Apple  

- Essential Everyday – apple, grape, orange, pineapple, white grape, grapefruit, tomato, vegetable  


### Removed:

- Kroger – White Grapefruit  

- Apple and Eve – Cookie Monster's Berry  

- Northland – Cranberry Cherry, Cranberry Mango, Raspberry Blueberry  

- Ruby Kist – Grapefruit, Vegetable  

- Welch's – Super Berry, White Grape Peach  

- Ocean Spray – Grape, Cranberry Grape  

- Old Orchard – Mango Tangerine  

- Mott's – Sensibles Apple  


## Juice 64 oz (Children)

### Removed:

- Langers – Apple Berry Cherry, Apple Cranberry Grape, Apple Grape, Apple Kiwi Strawberry, Berry, Cranberry Plus, Cranberry Acai Plus, Cranberry Berry Plus, Cranberry Grape Plus, Fruit Punch, Grape Juice Plus, Harvest Apple Plus, Low Sodium Vegetable, Pineapple Orange, Prune Juice Plus, Red Grape, Ruby Red Grapefruit, Spicy Vegetable, Tomato Vegetable, White Grape  
