

Highlights and Changes to

VERMONT WIC FOODS

Effective October 2024



WIC WOMEN
INFANTS
CHILDREN

VERMONT DEPARTMENT OF HEALTH

✓ New Items



Whole Grains

Mayan Farm

Whole Wheat Tortillas

16 oz



Juice

Mott's

100% Juice

Apple 48 oz (Women's)

Fruit Punch 48 oz (Women's)

and 64 oz (Child's)



Cereal

Kellogg's

Kashi Blueberry Clusters

13.4 oz and 18.3 oz



Frosted Mini-Wheats

Blueberry Muffin

13.3 oz



General Mills

Cheerios

Veggie Blends

Apple Strawberry

10.6 oz and 18 oz



Cheerios

Veggie Blends

Blueberry Banana

10.6 oz and 18 oz



Low-fat Yogurt

Green Mountain Creamery

Organic Plain

Reduced-Fat

32 oz



Clarifications/Changes

Image/Label Update

Nature's Own 100% Whole Grain
Sugar-Free Bread
16 oz



Smucker's
Peanut Butter
16 oz



New Size

Quaker Original Instant
Oatmeal Packets
now available in 9.8 oz



Signature Select Original
Flavor Oatmeal
now available in 9.8 oz



Whole Grains - Bread

NEW! Expanded whole wheat and whole grain bread sizes and types.

Size: 8, 12, 14, 16, 18, 20, 22, 24 or 32 ounces (oz).
Loaves, rolls and buns



Arnold

100% Whole Wheat Bread
Hamburger Buns
16 oz



100% Whole Wheat
Sandwich Thins
12 oz



100% Whole Wheat Bread
24 oz

100% Whole Wheat Bread
Small Slice 18 oz



Freihofer's

Country Premium 100%
Whole Wheat Bread 24 oz



Great Value

100% Whole Wheat
Round Top Bread 20 oz



Hannaford

100% Whole Wheat
Sliced Bread 24 oz

Nature's Own

100% Whole Grain Bread 20 oz

100% Whole Wheat Bread 20 oz

100% Whole Wheat Hamburger
Buns 15 oz



Whole Grains - Bread



Open Nature
100% Whole Wheat
Bread 24 oz



Grains and Seeds
Bread 24 oz



Pepperidge Farm
Farmhouse 100%
Whole Wheat
Bread 24 oz



Whole Grain Thin
Sliced 100% Whole
Wheat Bread 22 oz



Thin Sliced Whole
Grain 15 Grain
Bread 22 oz



Whole Grain
100% Whole Wheat
Bread 24 oz



Whole Grain
15 Grain Bread
24 oz



Whole Grain Honey
Whole Wheat Bread
24 oz



Whole Grain
Oatmeal
Bread 24 oz



Sara Lee
100% Whole Wheat
Bread 20 oz



Signature Select
100% Whole Wheat
Bread 24 oz



100% Whole Wheat
Sandwich Thins 12 oz



Discontinued/ No Longer Available

Cereal

Pics by Price Chopper
Original Flavor Oatmeal
11.8 oz



 Not available

Juice

Natalie's
Orange Juice
64 oz



 Not available

Welch's
Concord Grape
48 oz



Not available

White Grape
48 oz

HealthVermont.gov/WIC

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