

Arizona WIC Alert

Volume 33, Issue 8

August 2023

Food List Changes For Federal Fiscal Year 2024

The Arizona WIC Program selects nutritious foods that meet federal requirements to provide certain vitamins, minerals, and other nutrients. After several years without changes to the Food List, the Program is excited to be making revisions that are driven by WIC family requests and the availability of choices in the marketplace. This WIC Alert is to inform you of the upcoming changes to the Arizona WIC Programs Food List for Federal Fiscal Year 2024. Details regarding authorized WIC foods can be found in the [Arizona WIC Program Vendor Manual - effective October 1, 2023](#), Section 2 - Foods.

The revised Arizona WIC Programs Food List will go into effect on **October 1, 2023**. At that time, the Arizona WIC Program's Approved Product List (APL) and the EzWIC app will be updated; the food list will be [available](#).

The APL must be downloaded daily. It is especially important that your stores **download the APL before the store opens on October 1, 2023**, to ensure that WIC customers are able to purchase the new items.

The following changes will be implemented into the Arizona WIC Programs Food List.

Infant Fruits and Vegetables – the following items have been added:

- Stage 1 in 2-ounce or 4-ounce containers
- Simple Truth Organics brand

Milk – the following items have been added:

- Organic milk in gallon size containers **only**
- Size change:
 - Evaporated: up to 12-ounce cans
 - Powder: 9.6 to 56.4-ounce packages

Milk Alternatives – the following items have been added:

- Lifeway Kefir, 32-ounce containers, any flavor, fat-free, low fat (1%) and whole (3.25%).
- Meyenberg Goat Milk (Whole), 12-ounce powder, and 12-ounce evaporated containers.



FOOD LIST

Effective October 1, 2023



Milk Alternatives – the following items have been added (continued):

- Tofu:
 - Added: organic options
 - Size change: 14 to 16-ounce packages
 - New brands: Good and Gather, Nasoya, and Simple Truth Organic

Cheese – the following items have been added:

- 8-ounce packages
- Sliced cheese

Eggs – the following items have been added:

- organic, free range and cage-free

Yogurt – the following changes have been made:

- Low-fat and nonfat yogurt
 - Size change: 24 to 32-ounce containers
 - New brands: Good & Gather, O Organics, Simple Truth Organic, Oikos Pro, LaLa, and Stonyfield Organic (low-fat/fat-free)
 - Single serve yogurt and yogurt packs added in the following sizes:
 - 5.3 to 6-ounce singles or 4-packs in the following store brands: Food Club, Great Value, Kroger, Lucerne, Open Nature, and WinCo
 - 5.3-ounce singles or 4-packs in the following brands: Chobani Zero Sugar, Dannon Light & Fit (Original or Greek), Oikos Blended, Oikos Pro, and Oikos Triple Zero
 - 6-ounce singles in the following brands: Yoplait (Original and Light), and Tillamook (Good and Creamy)
 - 2-ounce 8-packs and 4-ounce 6-packs in the following brand: Stonyfield Organic Kids
- Whole milk yogurt
 - Size change: 24 to 32-ounce containers
 - New brands: Great Value, Good & Gather, O Organics, Simple Truth Organic, and Stonyfield Organic
 - Single serve yogurt and yogurt packs in the following sizes:
 - 5.3 to 6-ounce containers or 4-packs in the following store brands: Food Club and WinCo
 - 5.3-ounce singles or 4-packs in the following brand: Oikos (Blended)
 - 5-ounce single serve in the following brand: Yoplait Oui (French Style)
 - 8-ounce tub in the following brand: Noosa
 - 2-ounce 8-packs and 4-ounce 6-packs in the following brand: Stonyfield Organic Kids

Juice – the following items have been added:

- Frozen (11.5 to 12-ounce) containers:
 - Apple: Great Value and Kroger
 - Grape: Great Value, Kroger, and Springfield
 - Pineapple: Langer's
- Shelf stable (64-ounce) containers:
 - Apple: Essential Everyday, Great Value, Signature Select, and Springfield
 - Grape: Essential Everyday, Great Value, and Signature Select
 - Pineapple: Libby's, Signature Select, and Springfield
 - Mixed flavors: Great Value, Langer's, and Motts, Ocean Spray (100% Juice), Tree Top, and Welch's
- Juice Packs, mixed flavors
 - 6-ounce 6-packs - Dole: Pineapple Orange and Pineapple Orange Banana
 - 4.23-ounce 8 packs: Juicy Juice
 - 5.5-ounce 8-packs: V8 Vegetable Juice
 - 6-ounce 8-packs: Minute Maid
 - 6.75-ounce 8-packs: Motts, Juicy Juice, and Tree Top

Cereal – the following changes have been made:

- Size change: 9-ounce or larger packages
- Hot cereal – the following items have been added:
 - Instant grits: Food Club (Original) and Quaker (Butter)
 - Instant oatmeal: Essential Everyday, Food Club, Great Value, Kroger, and Signature Select
 - Wheat cereal: Malt-O-Meal (chocolate flavor) and CoCo Wheats
- Cold cereal – The following items have been added:
 - Store brand: Great Value (Toasted Oats)
 - General Mills: Multi-grain Cheerios with Strawberries, Cinnamon Chex, Fiber One (Honey clusters), and Wheaties
 - Grain Berry: Multi-Bran Flakes
 - Kashi: Hearts & O's (Honey Toasted and Warm Cinnamon)
 - Kellogg's: Crispix, Frosted Mini Wheats (Blueberry Muffin, Cinnamon Roll, Strawberry, Little Bites (Original and Chocolate)), and Special K Protein (Touch of Cinnamon)
 - Malt-O-Meal: Frosted Mini Spooners (Strawberries and Cream)
 - Post: Great Grains (Crunchy Pecan), Honey Bunches of Oats (Cinnamon Bunches, Maple and Pecans, Vanilla)

Whole Grains - the following items have been added:

- Barley – any brand, up to 16-ounces, Instant, quick, boil-in-bag, or regular cooking
- Bread - the following changes have been made:
 - Size change – up to 16-ounce packages
 - New options: Oroweat 100% Whole Wheat Hot Dog buns, Sandwich Thins (Whole Wheat and Multi-grain)
- Pasta - the following brand has been added:
 - Good and Gather
- Whole Wheat Flour Tortillas – the following brands have been added:
 - Los Altos Ranch Market
 - De Harina

Fresh Vegetables - the following items have been added:

- Fresh herbs and spices: bay leaves, basil, cilantro, chives, dill, ginger, mint, oregano, parsley, rosemary, sage, and thyme

Fish - The following changes have been made:

- Chunk Light Tuna
 - Flavored
 - Allowable containers include cans, cups, jars, or pouches
- Pink Salmon
 - Flavored
 - Allowable containers include cans, cups, jars, or pouches

In addition to the above food list changes, several other changes were made to the Vendor Manual. These will be covered in the 2023 Annual Vendor Training Alert.

We value your partnership and continued support to ensure that our WIC participants receive the benefits needed to meet their nutritional goals. If you have any questions regarding this WIC Alert or need technical assistance, please contact any member of the Arizona WIC Program at 1-866-737-3935.