



EFFECTIVE JULY 2025

The Additions to the Authorized Foods shows new Authorized Foods List items that are Maryland WIC approved but are NOT printed on the current Authorized Foods List. The Authorized Foods List, Effective July 2025 can be found at the Maryland WIC website.

In the Maryland WIC Mobile app, the Authorized Foods List, Effective July 2025 and the Additions to the Authorized Foods List can be found in the Resource Links in the Shopping Resources tab.

The Additions to the Authorized Foods is current as of **7/1/2025**.

DAIRY

MILK • CHEESE • SOY BEVERAGE • TOFU • YOGURT

TOFU

12– to 16-ounce container



Franklin Farms

Organic: Extra Firm, Firm, Medium Firm, Pressed Firm



Good & Gather

Organic: Extra Firm



Morinaga

*Current package size is 10.8 ounces

Silken Soft, Silken Firm, Silken Lite Firm, Organic Silken

*Current package size is 10.9 ounces

Silken Extra Firm



Nature's Soy

Firm, Soft



Pulmuone

Firm, Silken

Organic: Soft, Silken

LOW FAT, FAT FREE & NON FAT YOGURT

32-ounce single containers



LALA

Low Fat: Blended Mango, Blended Strawberry, Plain, Vanilla



Lucerne

Low Fat: Plain



Morning Fresh Farms

Non Fat: Plain



Norman's Taste

Non Fat: Café Latte, Strawberry, Vanilla

WHOLE MILK YOGURT

32-ounce single containers



Brown Cow

Maple, Plain, Vanilla



Morning Fresh Farms

Plain

SOY BEVERAGE

Refrigerated Half Gallon



bettergoods (Walmart brand)

Soymilk Original

WHOLE GRAINS

SOFT CORN & WHOLE WHEAT TORTILLAS
BREAD & ROLLS • OATS • BROWN RICE
WHOLE WHEAT & WHOLE GRAIN PASTA

SOFT CORN &
WHOLE WHEAT TORTILLAS

1-pound (16-ounce) package

A SHOPRITE® BRAND
**bowl &
basket**™

Bowl & Basket

Whole Wheat Tortillas

WHOLE WHEAT & WHOLE GRAIN PASTA

1-pound (16-ounce) package



Food Lion

Whole Wheat: Penne Rigate, Thin Spaghetti



Giant

Whole Wheat: Elbow Macaroni, Penne Rigate, Rotini,
Spaghetti, Thin Spaghetti

OATS

1-pound (16-ounce) package



Avelina

Old Fashioned Oats, Quick Cooking Oats



Bob's Red Mill

Extra Thick Rolled Oats, Oat Bran



Finest Brand

Quick 1 Minute Oats



McCann's Irish

Quick Cooking Rolled Oats

JUICE

JUICE FOR WOMEN • JUICE FOR CHILDREN

APPLE, GRAPE, PINEAPPLE, CRANBERRY,
TOMATO, VEGETABLE AND JUICE BLENDS

JUICE FOR WOMEN:

48-ounce containers and 11.5-12 ounce frozen concentrate



Best Yet

Pineapple (48 ounce)



Food Club

Grape (12 ounce)



Mott's

Apple, Fruit Punch, Strawberry Kiwi (all 48 ounce)



Signature Select

Berry Blend, Cranberry Blend, Grape, Pineapple (all 12 ounce)

**APPLE, GRAPE, PINEAPPLE, CRANBERRY,
TOMATO, VEGETABLE AND JUICE BLENDS**

JUICE FOR CHILDREN:

64-ounce container



Apple & Eve

Pineapple Tangerine Blend, Sesame Street Elmo & Tango Punch, Strawberry Passion, Watermelon Grape



Best Yet

Apple, Grape, Pineapple, Tomato, Vegetable, White Grape



b'gan

Fruit Punch, Tomato



Bowl & Basket

Apple, Grape, Pineapple, Tomato, Vegetable Low Sodium, White Grape



Essential Everyday

Cranberry Blend



Food Club

Vegetable



Food Lion

Cranberry Blend, Pineapple, Vegetable, Vegetable Hot & Spicy



Freedom's Choice

Tomato



Great Value

Cranberry Blend, Cranberry Grape, Guava, Mango Peach



Kedem

Grape



Lieber's

Pineapple



Lucky Leaf

Apple



Market Pantry

Pineapple



Mott's

Fruit Punch, Pineapple Passionfruit, Strawberry Kiwi



Musselman's

Apple



Nature's Nectar

Apple, Grape, Pineapple, White Grape



Ocean Spray

Cranberry Elderberry



Old Orchard

Strawberry Watermelon



Signature Select

Antioxidant Cherry Pomegranate Elderberry



Smart Way

Apple



Tipton Grove

Cranberry Blend



Wegmans

Cranberry Apple, Cranberry Concord Grape, Cranberry, White Grape Cranberry, White Grape Peach



Welch's

Orange Pineapple Apple

CEREAL

COLD CEREAL • HOT CEREAL

COLD CEREAL

12-ounce size or larger



Bluey

General Mills



Cheerios Veggie Blends Apple Strawberry

General Mills



Cheerios Veggie Blends Blueberry Banana

General Mills



Wheaties Protein Honey Pecan

General Mills



Wheaties Protein Maple Almond

General Mills



Apple Cinnamon Toasted Oats

Grain Berry



Cinnamon Frosted Shredded Wheat

Grain Berry



Multi-Bran Flakes

Grain Berry



Original Toasted Oats

Grain Berry



Corn Flakes Honey Flavor

Kellogg's



Golden Honey Frosted Mini Wheats

Kellogg's



Bran Flakes

Kemach



Corn Flakes

Kemach



Crisp Rice

Kemach



Toasted Oats

Kemach



Whole Wheat Flakes

Kemach



Great Grains Cranberry Almond Crunch

Post



Honey Bunches of Oats Cinnamon Bunches

Post



Mighty Life Strawberry Blueberry Bliss

Quaker



Mighty Life Very Vanilla

Quaker



Corn Flakes

Taanug



Crisp Rice

Taanug



Rice Squares

Taanug



Toasted Oats

Taanug

HOT CEREAL

11.8-ounce size or larger



Original Instant Oatmeal

Bowl & Basket



Original Instant Oatmeal

Essential Everyday



Original Instant Grits

Great Value



Original Instant Oatmeal

Great Value



MARYLAND

BETTER NUTRITION, BRIGHTER FUTURE

QUESTIONS?

Ask your local WIC staff or
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