

NEW WIC FOODS - APRIL 2026



New food choices and more size options will be added to the Idaho WIC food list April 1. The new food list will be available soon. It will include more details about what you can or cannot buy using your WIC card. If you have questions, WIC staff are here to help.

Fruits & Veggies

Fresh herbs: any brand, loose or packaged, cut or with the root intact.



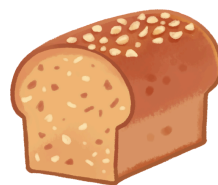
Breakfast Cereal

Oatmeal packets: new brands added, Essential Everyday, Food Club, Great Value, Kroger, Signature Select, WinCo, plain flavor only.



Whole Grains

- 100% whole wheat bread: package sizes up to 24 oz.
- Whole wheat and soft corn tortillas: package sizes up to 48 oz, new brands added.
- Oatmeal: any brand, tube container only, package sizes up to 48 oz, quick cook, steel cut, or old fashioned.
- Corn masa flour or corn meal: package sizes up to 48 oz, must not be degerminated corn.



100% whole wheat bread



Whole wheat and soft corn tortillas



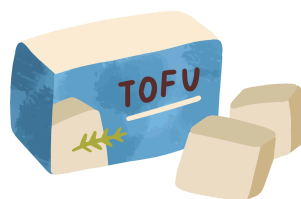
Oatmeal in tube container



Corn masa flour or corn meal

Plant-Based Alternatives

- Tofu: Azumaya, Franklin Farms, House Foods, 16 oz package size
- Soy milk: new brands added, Better Goods half gallon and Silk Soy Original shelf-stable quarts



Juice

- Refrigerated: any brand 100% orange juice only, 46-64 oz container size.
- Shelf stable: new brands and flavors added, container sizes expanded to 46-64 oz.



Refrigerated OJ



Campbell's Tomato Juice



Welch's White Grape Peach
and Red Grape Juice

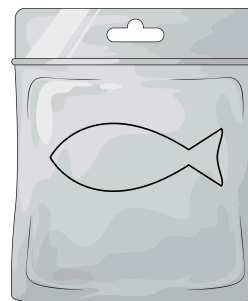
Infant Foods

Stage 1 infant fruit/vegetable purees added.



Fish

- Tuna and salmon pouches up to 5 oz added, plain flavor only.
- Fish added to all women and children food packages.



Reminders:

Use the food list. It shows what you can and cannot buy with your WIC benefits.

Use the WICshopper app to scan product UPCs if you're not sure they are WIC approved.

If a WIC approved item does not go through at checkout, let us know by using the "I Can't Buy This" button in your WICshopper app.

Happy Shopping!



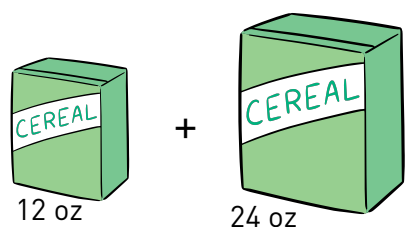
Package Sizes:

More package size options means more choices at the store.

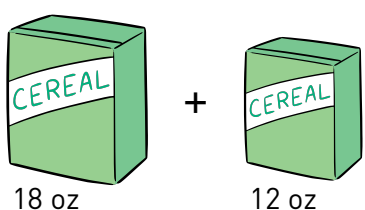
Know your benefit balance and choose package sizes that get you the most food possible!

See examples below:

Benefit balance: 36 oz of breakfast cereal

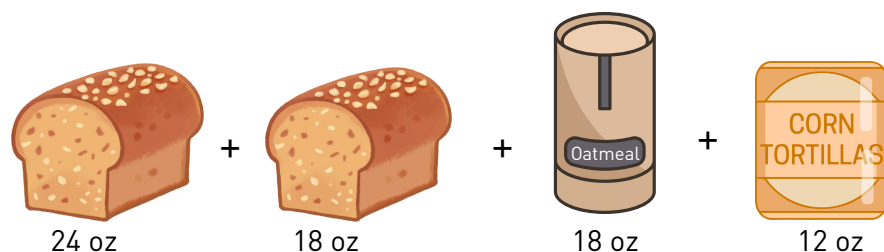

$$12 \text{ oz} + 24 \text{ oz} = 36 \text{ oz}$$

All benefits used

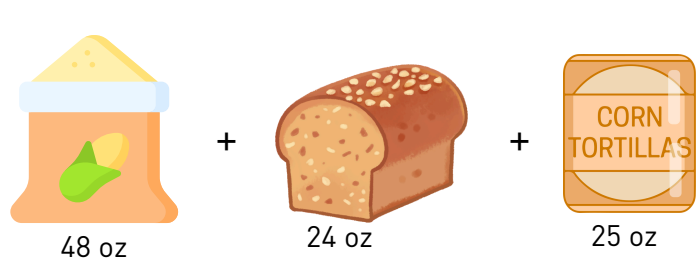

$$18 \text{ oz} + 12 \text{ oz} = 30 \text{ oz}$$

6 oz unused benefits


Benefit balance: 72 oz of whole grains


$$24 \text{ oz} + 18 \text{ oz} + 18 \text{ oz} + 12 \text{ oz} = 72 \text{ oz}$$

All benefits used


$$48 \text{ oz} + 24 \text{ oz} + 25 \text{ oz} = 97 \text{ oz}$$

Over 72 oz
Options: put one item back or pay for it out of pocket


$$12.6 \text{ oz} + 13 \text{ oz} + 42 \text{ oz} = 67.6 \text{ oz}$$

4.4 oz unused benefits