

## Whole Grains

Whole grains include 100% whole wheat bread and sandwich buns/rolls, whole grain tortillas, brown rice, and whole wheat pasta.

16 oz  
package of  
sandwich  
rolls/buns

16 oz  
loaf of bread

16 oz  
tortillas

16 oz  
brown rice

16 oz  
whole  
wheat  
pasta

16 oz package = 1 lb

## Whole Wheat Pasta

### ALLOWED

- Whole Wheat / Whole Grain ONLY
- 16 oz only, Any shape
- From the following brands:
  - » Barilla (whole grain)
  - » Essential Everyday (whole wheat)
  - » Food Club (whole wheat)
  - » Gia Russa (whole wheat)
  - » Great Value (whole wheat)
  - » Hodgson Mill (whole wheat)
  - » Kroger (whole wheat)
  - » Publix (whole wheat and whole grain)
  - » Racconto (whole wheat)
  - » Ronzoni Healthy Harvest (whole grain)
  - » Shurfine (whole wheat)

### NOT ALLOWED

- Organic
- Added sugars, fats, oils, or salt
- Other types, size, or quantity

GEORGIA

# WIC PROGRAM

Supplement to the January 2016  
WIC Approved Foods List

## Yogurt



## Whole Wheat Pasta



Yogurt & Whole Wheat Pasta  
added as new food items



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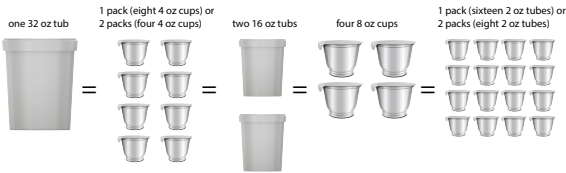
EFFECTIVE JULY 2018

# Yogurt

## ALLOWED

### Ways to Combine Yogurt

Choose a combination that equals 32 ounces



*For women and children (2-5 years of age):  
Low fat / Non fat yogurt*

Brand(s)	Type	Sizes	Flavor(s)
Activia	Low fat	4 oz – 4 pack	Any flavor
Best Choice	Greek Non fat	32 oz	Plain, Vanilla
	Low fat		
Cabot	Greek Low fat	32 oz	Plain, Vanilla
Chobani	Non fat	16 oz	Plain
	Non fat	32 oz	Plain, Vanilla, Strawberry, Peach
	Low fat	2 oz – 8 pack	Strawberry, Strawberry-Banana, Mixed Berry
Chobani Kids	Low fat	2 oz – 16 pack	Mixed Berry & Strawberry
Crowley	Non fat	32 oz	Vanilla
	Low fat	32 oz	Plain
Dannon	Non fat	32 oz	Any flavor
	Low fat		
Essential Everyday	Non fat	32 oz	Plain
	Greek Non fat	32 oz	Plain, Vanilla, Strawberry
	Low fat	32 oz	Plain, Vanilla, Strawberry, Peach, Raspberry
Food Club	Non fat	32 oz	Plain
	Low fat	32 oz	Vanilla, Strawberry
Food Lion	Non fat	32 oz	Plain
	Low fat	32 oz	Vanilla
GoGurts	Low fat	2 oz – 16 pack 2 oz – 8 pack	Any flavor
GoGurts XL	Low fat	4 oz – 8 pack	Any flavor
Go Big	Low fat	4 oz – 8 pack	Any flavor
Great Value	Non fat	32 oz	Plain
	Greek Non fat	32 oz	Plain, Vanilla, Strawberry
	Low fat	32 oz	Plain, Vanilla, Strawberry, Peach
Kroger	Non fat	32 oz	Plain, Vanilla
	Low fat	32 oz	Plain

# Yogurt

## ALLOWED

*For women and children (2-5 years of age):  
Low fat / Non fat yogurt (continued)*

Brand(s)	Type	Sizes	Flavor(s)
LaLa	Low fat	32 oz	Plain
LaYogurt	Non fat	32 oz	Plain, Vanilla
	Low fat	32 oz	Plain, Vanilla, Banana, Passion Fruit
Morning Fresh	Non fat	32 oz	Plain
	Low fat	32 oz	Vanilla
Nostimo	Greek Non fat	32 oz	Plain, Vanilla
Oikos	Non fat (0%)	32 oz	Plain, Vanilla
Southern Home	Non fat	32 oz	Plain, Vanilla
	Greek Non fat	32 oz	Plain
	Low fat	32 oz	Vanilla
Winn Dixie	Greek Non fat	32 oz	Plain, Vanilla
	Low fat		
Yoplait	Non fat	32 oz	Any flavor
	Low fat	4 oz – 8 pack	

*For children (1 year of age):  
Whole fat yogurt*

Brand(s)	Type	Sizes	Flavor(s)
Chobani	Whole fat	32 oz	Plain
Dannon	Whole fat	32 oz	Plain, Vanilla, Strawberry
Essential Everyday	Whole fat	32 oz	Plain
Great Value	Greek Whole fat	32 oz	Plain
Kroger	Whole fat	32 oz	Plain, Vanilla
LaYogurt	Whole fat	32 oz	Plain, Strawberry
Noosa	Whole fat	8 oz	Any flavor
		4 oz – 4 pack	
Oikos	Whole fat (4%)	32 oz	Plain

## NOT ALLOWED

- Organic
- “Light” yogurt or sweetened with artificial sweeteners or Stevia
- Mix-in ingredients such as granola, candy, honey, nuts, or similar ingredients
- Drinkable yogurts
- Fruit Fusion