

# Changes are Coming to the Virginia WIC Approved Food List

<b>Infant Foods</b>	<ul style="list-style-type: none"> <li>• Infant Fruits and Vegetables: 4.0oz. twin packs will be included (twin packs of 4 oz. per container = 8 oz.)</li> <li>• Infant food pouches will <b>NOT</b> be included</li> </ul>
<b>Fruits and Vegetables (Cash Value Benefits)</b>	<ul style="list-style-type: none"> <li>• Canned diced tomatoes will be included</li> </ul>
<b>Juice</b>	<ul style="list-style-type: none"> <li>• Tomato juice will <b>NOT</b> be included</li> <li>• Shelf stable and refrigerated juices are included, look for the WIC shelf label to identify WIC eligible brands</li> </ul>
<b>Legumes</b>	<ul style="list-style-type: none"> <li>• Dried and Canned Mature Beans, Peas &amp; Lentils:             <ul style="list-style-type: none"> <li>• 15-16oz. can size or 1 pound (16oz.) bag size only</li> <li>• Choose from the following varieties <b>ONLY</b>: black beans, black-eyed peas, butter beans/lima beans, chickpeas/garbanzo beans, kidney beans, lentils, navy beans, pinto beans, red beans</li> </ul> </li> </ul>
<b>Whole Grains</b>	<ul style="list-style-type: none"> <li>• Whole Wheat Bread: look for the WIC shelf label to identify WIC eligible brands</li> </ul>



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