



2022 New WIC Food List Release

We are pleased to inform you that the new [2022 WIC Food List](#) has been finalized and a starter package will be mailed to each store **week of August 15, 2022**. After the shipment is received additional copies may be ordered using the Retailer [Supply Request Web form](#).

When your shipment arrives:

1. Discard all of the 2020 Food Lists remaining at your store.
2. Place a copy of the 2022 WIC Approved Food List at each register that accepts WIC transactions.
3. Place a copy of the 2022 WIC Approved Food List in your VA WIC Retail Store Binder.
4. Provide training to your cashiers and store personnel about the new food list and new food items.
5. If needed, order additional WIC Approved Food Lists (English or Spanish) food lists through the [Supply Request Form](#).
6. Ensure “**Wholesome Informed Choices**” (WIC) shelf labels or custom labels are posted for all foods that have this requirement (use the label “new” icon in the food list to assist in identifying new products).

Below is a short summary of the major changes in the [2022 WIC Food List](#). All items from the 2020 food list remained the same, but these items have been added:

- **Fruits and Vegetables** - Any container size including a single serving size is allowed for fruits and vegetables. (fresh, frozen and canned)
- **Infant foods** (fruits/vegetables or combination) and meats - Organic infant foods and infant meats are allowed. 2 oz. or 4 oz. multi-packs infant foods and 2.5 oz. multi-packs infant meats are allowed.
- **Infant Cereal** - Organic infant cereals are allowed.
- **Peanut Butter** - Natural peanut butter is allowed.
- **Eggs** - Any size white or brown eggs are allowed. (Medium, large, extra-large or jumbo)
- **Yogurt** – Greek yogurt is allowed in vanilla & plain flavors.
- **Hot Breakfast Cereals** - Instant grits original hot cereals 11.8 oz. or larger are allowed.
- **Cheese** - Mozzarella string cheese 16 oz. is allowed.

ITEMS IN RED HAVE A MANDATORY WIC SHELF LABEL REQUIREMENT

Refer to the **New UPCs Added in 2022 WIC Food List** for more details of the new products. This file is located on our website www.VirigniaWICretailers.com under Store and Supplemental Food Info section. **Remember when in doubt SCAN the item and let the POS system work for you.**

Please contact your assigned Vendor Liaison if you have any questions pertaining to the next steps or about WIC approved food changes. Thank you in advance for your continuing support of the Virginia WIC Program.

WIC Vendor Liaisons

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