



Not finding WIC food items in your stores? More items to choose

In light of COVID-19, New Jersey WIC is allowing additional food items in anticipation of limited food selections related to recent events.

Effective immediately and until further notice.

Every effort should be made to purchase items on the food list but when not available in the store these substitutions will be allowed.

Milk

CAN SUBSTITUTE ANY BRAND and ORGANIC allowed but milk fat has to be the same as what is listed on your check.

For example: whole milk cannot be substituted for 1% low fat; soy cannot be substituted for lactose free

CAN SUBSTITUTE ANY SIZE container (quart, half gallon, gallon)

For example: If the check says 2 gallons 1% low fat store brand milk then 4 half-gallons of any brand 1% milk can be substituted

Whole Grains (16-ounce size package only)

ANY allowed WHOLE GRAIN listed in the food guide can be substituted for the same amount of whole grain listed on the check for checks.

CAN SUBSTITUTE ANY BRAND 16-ounce package 100% whole-wheat bread

Beans, Peas and Lentils

CAN SUBSTITUTE ORGANIC dry or canned beans, peas or lentils

For checks listing one 16 oz package dry beans, four 15.5-16 oz. canned beans can be substituted.

For checks listing four 15.5-16 oz. canned beans, one 16 oz package of dry beans can be substituted.

Peanut Butter

CAN SUBSTITUTE ORGANIC 16-18 oz. jar

EGGS

CAN SUBSTITUTE one dozen (12 eggs) carton – any size (medium, large, extra-large) white or brown Grade A or AA for one dozen Grade A white large eggs.

Infant Fruits and Vegetables

CAN SUBSTITUTE two 2 oz. containers of Infant Fruits or Vegetables instead of one 4 oz. Infant Fruit or Vegetable container

This institution is an equal opportunity provider.