










In light of COVID-19, New Jersey WIC is allowing more food substitutions (**in red**) in addition to previously approved 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 temporary substitutions will be allowed.

WIC Food Category	Temporary New Items
	<p>Cheese</p> <p>CAN SUBSTITUTE smaller size cheeses, 8 oz up to 16 oz Example: 2 – 8 oz package cheese sizes can be substituted for 1 – 16 oz. size to add up to the total amount on the check.</p>
	<p>Milk</p> <p>CAN SUBSTITUTE ANY BRAND and ORGANIC allowed but milk fat has to be the same as what is listed on your check.</p> <p>Example: whole milk cannot be substituted for 1% low fat; soy cannot be substituted for lactose free</p> <p>CAN SUBSTITUTE ANY SIZE container (quart, half gallon, gallon)</p>
	<p>Eggs</p> <p>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.</p>
	<p>Cereal</p> <p>CAN SUBSTITUTE smaller size boxes of cereal, 12oz up to 36 oz can be substituted for 18 oz up to 36 oz size to add up to the total amount on the check.</p>
	<p>Legumes</p> <p>CAN SUBSTITUTE Organic canned beans, dried beans, and peanut butter.</p> <p>For checks listing one 16 oz package dry beans, four 15.5-16 oz. canned beans can be substituted and vice versa</p>
	<p>Infant Fruits and Vegetables</p> <p>CAN SUBSTITUTE two 2 oz. containers of Infant Fruits or Vegetables instead of one 4 oz. Infant Fruit or Vegetable container</p>
	<p>Breads/Whole Grains</p> <p>Whole Grains (16-ounce size package only) Whole Wheat Pasta, Brown Rice, Corn and Whole Wheat Tortilla and Whole Wheat Bread</p> <p>CAN SUBSTITUTE ANY allowed WHOLE GRAIN listed in the food guide for the same amount of whole grain listed on the check.</p> <p>CAN SUBSTITUTE ANY BRAND Up to 24-ounce package 100% whole-wheat bread</p>



A causa del COVID-19, WIC de Nueva Jersey está permitiendo **más** alimentos adicionales (**en rojo**) además de los artículos aprobados previamente en anticipación de alimentos limitados relacionados con los eventos recientes. **En vigencia inmediata** y hasta nuevo aviso.

Se debe hacer todo lo posible para comprar artículos en la lista de alimentos, pero cuando no estén disponibles en la tienda, se permitirán estas sustituciones.

	Categoría	Nuevos Artículos Temporales
	Queso	<p>PUEDE SUSTITUIR queso de tamaño menor, de 8 oz hasta 16 oz Por ejemplo: 2 paquetes de queso de 8 oz se pueden sustituir por 1 paquete de 16 oz. El monto total de onzas se debe sumar al total en el cheque.</p>
	Leche	<p>PUEDE SUSTITUIR CUALQUIER MARCA y ORGANICO permitido pero la grasa de la leche debe ser la misma que figura en su cheque. Por ejemplo: la leche entera no puede ser sustituida por leche 1% baja en grasa; la soya no puede ser sustituida por sin lactosa.</p> <p>PUEDE SUSTITUIR CUALQUIER TAMANO del contenedor (cuarto de galón, medio galón, galón)</p>
	Huevos	<p>PUEDE SUSTITUIR un cartón de una docena (12 huevos) Cualquier tamaño (mediano, grande, extra grande) blanco o marrón Grado A o AA por una docena de huevos blancos, grande de Grado A.</p>
	Cereal	<p>PUEDE SUSTITUIR cajas de cereales pequeñas, de 12 oz a 36 oz pueden ser sustituidas por 18 oz a 36 oz hasta sumar al monto indicado en el cheque.</p>
	Legumbres	<p>PUEDE SUSTITUIR por Orgánico, frijoles secos o enlatados, y mantequilla de maní.</p> <p>Los cheques que enumeran un paquete de frijoles secos de 16 oz se puede sustituir por cuatro frijoles enlatados de 15.5-16 oz y viceversa.</p>
	Frutas y Vegetales Infantiles	<p>PUEDE SUSTITUIR dos envases de frutas o vegetales infantiles de 2 oz en lugar de un envase de 4 oz.</p>
	Pan/Granos Integrales	<p>Granos Integrales, (solo paquete de 16 oz), Pasta de Trigo, Arroz Integral, Tortilla de Maíz o Trigo Integral, Pan de Trigo Integral</p> <p>PUEDE SUSTITUIR CUALQUIER GRANO INTEGRAL permitido en el programa por la misma cantidad de granos integrales indicada en el cheque.</p> <p>PUEDE SUSTITUIR un paquete de pan 100% integral de CUALQUIER MARCA hasta 24 oz.</p>



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DATE: April 1, 2020
REPLY TO ATTENTION OF: NJ WIC #20-024
SUBJECT: COVID-19 Updated WIC Food Substitutions
TO: Local WIC Agencies and WIC Authorized Vendors
FROM: Nancy Scotto-Rosato, PhD, Director

Because food suppliers and retailers have reported the surging demand for food and the struggle in maintaining stocked store shelves, the New Jersey Special Supplemental Nutrition Program for Women, Infants and Children (WIC) program applied and received a Federal Waiver to add more food substitutions to certain WIC food categories, specifically for Whole Grain (Bread), Cheese, and Cereal categories.

All allowed substitutions are listed below and can be seen in the flyer attached. The newly approved substitutions are highlighted in red below and in the flyer. WIC Authorized vendors can now offer these to WIC participants **effective immediately** and until further notice. These **additional substitutions** shall be allowed along with the previously approved items, if the item specified on the check is not available. This memo supersedes memo NJWIC# 20-021 dated March 19, 2020.

The additional substitutions are highlighted in red. The select additional food items include Bread, Cereal and Cheese:

Milk:

The current authorized WIC food is the store brand only- Fluid, Evaporated/Canned (whole, reduced fat 2%, low fat/light 1% or fat free/skim).

✓ **Substitution** – Any brand of Milk

Example: if a participant's check says 1 Gallon 1% or Skim milk Store Brand, they can get 1 Gallon 1% or Skim milk Any Brand.

✓ **Substitution** – For checks listing whole milk, participant can change to any size container whole milk.

Example: if a participant's check says 1 Gallon whole milk, they can get 2 Half Gallons, Whole milk.

✓ **Substitution** – For checks listing low fat milk (1% or Skim), participants can change to any size container 1% or Skim.

Example: if a participant's check says 1 Gallon 1% or Skim milk, they can get 2 Half Gallons, 1% or Skim milk

✓ **Substitution** – Organic milk can be redeemed for the type of milk listed on the check.

✓ **Substitution** – Organic soy can be redeemed for the type of soy milk listed on the check.

Whole Grains:

The current authorized WIC food is 16-ounce packages of 100% Whole Wheat Bread / Rolls, Whole Wheat Pasta, Brown Rice, Whole Grain Tortilla and Corn Tortilla.

✓ **Substitution** – For checks listing 16-ounce Whole Grain product, participants can select an alternate Whole Grain product.

Example: if a participant's check says one 16-ounce Whole Wheat Pasta, they can get one 16-ounce Whole Wheat Bread, Brown Rice, Whole Grain Tortilla and Corn Tortilla.

✓ **Substitution – Any brand of Whole Wheat Bread, up to a 24-ounce package.** Substitution only applies for packages labeled as “100% Whole Wheat bread”, NOT “100% whole grain bread”.

Beans, Peas and Lentils:

The current authorized WIC food is

Dry: varieties of mature beans, peas or lentils- 16 oz only.

Canned: regular and low sodium varieties of mature beans, peas and lentils 15.5-16 oz. only.

✓ **Substitution** – Organic varieties of Beans, Peas and Lentils; participants can change to any brand.

✓ **Substitution** – For checks listing 16 oz package Dry Beans, participants can substitute for four 15.5-16 oz. Canned beans.

✓ **Substitution** – For checks listing 15.5-16 oz. Canned beans, participants can substitute one 16 oz package of Dry Beans.

Peanut Butter:

The current authorized WIC food is 16-18 oz. jars, Store brand, Skippy and / or Jif; creamy or crunchy, reduced/low fat and natural.

✓ **Substitution** – Organic varieties of 16-18 oz. jars, Store brand, Skippy and / or Jif.

Eggs:

The current authorized WIC food is one dozen (12 eggs) carton only, Grade A white large.

✓ **Substitution** – one dozen (12 eggs) carton – any size (medium, large, extra-large) white or brown Grade A or AA.

Infant Fruits and Vegetables:

The current authorized WIC food is plain single fruits or combinations of two or more plain fruits and infant vegetables; the current authorized WIC food is plain single vegetable or combinations of two or more plain vegetables. Amount and size listed on the WIC check. Variety of single ingredient commercial infant food fruit and vegetable. Combination of plain single ingredients such as peas and carrots or apples and bananas. Two (4 oz.) packs and 4 oz. individual containers. One 2 pack counts as 2 (4 oz.) individual containers.

✓ **Substitution** – Two 2 oz. containers of Infant Fruits instead of one 4 oz. Infant Fruit container.

✓ **Substitution** – Two 2 oz. containers of Infant Vegetables instead of one 4 oz. Infant Vegetable container.

Cheese

The current authorized food is 16 oz package size only Cheese – Any brand

✓ **Substitution** – for checks listing one 16 oz size Cheese, participants can substitute two 8 oz size cheeses

Cereal (Cold)

The current authorized WIC food is 18 oz up to 36 oz Cereal

✓ **Substitution** - smaller size boxes of cereal, 12 oz up to 36 oz Cereal

The State agency continues to work closely with Mead Johnson, Infant Formula contractor to ensure WIC participants can redeem their WIC checks for their infant formula food package prescriptions during these challenging times. The State agency, USDA, Local WIC agencies and stakeholders will continue to work to address issues as they arise.

Should you have any questions, please contact the State WIC office at 609-292-9560 or by email at: NJ.WICVendor@doh.nj.gov