

Changes to Florida WIC Foods Effective October 2025

Food Category	Allowed Sizes	New Allowed Items and Changes in Amount per Month	Deleted Items and New Items Not Allowed
Cow's Milk and Plant-Based Milk Alternatives	The allowed sizes and types of milk are specified on the client's shopping list.	<p>There are no changes in allowed brands or types of cow's milk and soy milk.</p> <p>There is a new plant-based milk that will be allowed:</p> <ul style="list-style-type: none"> Silk Kids Pea & Oatmilk Blend in 59 fl oz carton <p>The amount of milk per month will be reduced for most clients. These clients will have a reduction in milk of ½ gallon to 2 gallons per month when they are assigned a new food package.*</p>	
Breakfast Cereal Note: Cereals with a star ★ have whole grain as the first ingredient.	9 oz or larger box or bag	<p>At least 75% of cereals on the approved list will have whole grain as the first ingredient, therefore, some cereals will be deleted that do not have whole grain as the first ingredient.</p> <p>These cereals will be added:</p> <ul style="list-style-type: none"> Kellogg's Raisin Bran ★ Kellogg's Frosted Mini Wheats Cocoa ★ Kellogg's Special K Cinnamon & Pecan ★ Malt O Meal Raisin Bran ★ Post Bran Flakes ★ Post Raisin Bran ★ Post Great Grain Raisins, Dates & Pecans ★ Post Great Grains Cranberry Almond Crunch ★ Post Great Grains Red Berry Almond Crunch ★ Post Honey Bunches of Oats with Strawberries General Mills Bluey Cereal ★ General Mills Wheaties Protein Maple Almond ★ General Mills Wheaties Protein Honey Pecan ★ General Mills Cheerios Hearty Nut Medley ★ Quaker Mighty Life Strawberry Blueberry Bliss ★ Quaker Mighty Life Very Vanilla Bliss ★ Store Brands Raisin Bran ★ 	<p>These cereals will be deleted:</p> <ul style="list-style-type: none"> Berry Berry Kix ★ (discontinued) Honey Kix ★ (discontinued) Cheerios Oat Crunch Berry ★ (discontinued) Quaker Oatmeal Squares Cinnamon ★ (discontinued) Quaker Life Multigrain Vanilla ★ (discontinued) Kellogg's Corn Flakes Honey Flavor Malt O Meal Strawberry Cream Mini Spooners ★ Farina Mills Creamy Hot Wheat Cream of Wheat 1 minute Cream of Rice Instant Jim Dandy Quick Grits Store Brands Oats & More with Almonds Store Brands Oats & More with Honey Store Brands Crispy Hexagons Store Brands Essentially You Store Brands Strawberry Frosted Shredded Wheat ★
Cheese	16 and 32 oz	<p>32 oz will be added as a new allowed size.</p> <p>Only cheeses sold in the Dairy Section of the store will be allowed.</p>	<p>8 oz size will not be allowed.</p> <p>Specialty cheeses such as those sold in the Deli area of the store will no longer be allowed.</p>

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Whole Grains Note: Unit of measure will be changed to "ounces" instead of "pounds."	12 to 42 oz loaf, box, bag, or package	<p>When assigned a new food package, children will change from 32 oz per month to 24 oz per month of whole grains and women will change from either 0 or 16 oz per month to 48 oz per month of whole grains.* New sizes of whole grains (12 to 42 oz) are allowed in all types of WIC-eligible whole grain foods such as whole grain bread products, whole wheat and corn tortillas, whole wheat pasta, brown rice, oats, and bulgur. The following brands and types of bread products will be allowed:</p> <p>Any Store Brand</p> <ul style="list-style-type: none"> • 100% Whole Wheat Bread, Buns, or Rolls <p>Arnold</p> <ul style="list-style-type: none"> • 100% Whole Wheat Sandwich Thins • 100% Whole Wheat Bread • 100% Whole Wheat Buns • 100% Whole Wheat Hot Dog Rolls • 12 Grains and Seeds Bread • Healthy Multi-Grain Bread <p>Baker's Choice</p> <ul style="list-style-type: none"> • 100% Whole Wheat Bread <p>Canyon Bakehouse</p> <ul style="list-style-type: none"> • Gluten Free 100% Whole Grain Bread, Muffins, Bagels, or Rolls <p>Lewis Bake Shop</p> <ul style="list-style-type: none"> • Healthy Life Whole Wheat Bread • Whole Wheat Bread • 1/2 Loaf Whole Wheat Bread <p>Martin's</p> <ul style="list-style-type: none"> • 100% Whole Wheat Potato Bread <p>Monks'</p> <ul style="list-style-type: none"> • Wheat Whole Grain Bread <p>Nature's Own</p> <ul style="list-style-type: none"> • 100% Whole Grain Bread • 100% Whole Wheat Bread • 100% Whole Wheat Hamburger Buns <p>Pepperidge Farm</p> <ul style="list-style-type: none"> • 100% Whole Wheat Cinnamon Swirl Bread • 100% Whole Wheat Bread • Whole Grain 15 Grain Bread • Whole Grain Oatmeal Bread • Whole Grain Honey Wheat Bread <p>Sara Lee</p> <ul style="list-style-type: none"> • 100% Whole Wheat Bread <p>Wonder</p> <ul style="list-style-type: none"> • 100% Whole Wheat Bread <p>Thomas'</p> <ul style="list-style-type: none"> • 100% Whole Wheat Bagels • 100% Whole Wheat English Muffins 	Gourmet rice and steel-cut oats will not be allowed.

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Tofu	14 to 16 oz package	To be implemented by April 20, 2026: Any tofu that contains less than 100 mg of calcium per 100 grams of tofu will be removed from the approved product list.	
Peanut Butter	15.5 to 18 oz jar	15.5 oz will be added as an allowed size.	
Yogurt Note: Unit of measure will be changed to “ounces” instead of “tubs.”	32 oz tub whole, lowfat, reduced fat or fat free yogurt--Original or Greek 16, 24, 32, 48 and 72 oz multipacks of single-serving reduced fat, lowfat, or fat free yogurt--Original only	Women and children will be able to receive 32 or 64 oz yogurt per month when they are assigned a new food package.* Prior to October 1, 2025, clients were able to receive a maximum of 32 oz yogurt per month. 24, 48, and 72 oz sizes of multipacks of single-serving Original reduced fat, lowfat, or fat free yogurt will be added. To be implemented by April 20, 2026: Any yogurt that contains more than the following amount of added sugar will be removed from the approved product list: <ul style="list-style-type: none"> 12 grams per 6 oz (170 grams) 8 grams per 4 oz (113 grams) To be implemented by April 19, 2027: Any yogurt that contains less than the following amount of vitamin D will be removed from the approved product list: <ul style="list-style-type: none"> 79.5 IU (2 micrograms) per 6 oz (170 grams) 53 IU (1.3 micrograms) per 4 oz (113 grams) 	Yogurt in tubes or pouches will not be allowed. Whole milk yogurt in 16 oz size will not be allowed.
Canned Fish	Light Tuna and Pink Salmon: 5 oz size or larger of single cans or multipack of cans Sardines and Mackerel (Atlantic & Pacific Chub): Any size can	Beginning October 1, 2025, all women and children will be allowed to receive canned fish when they are assigned a new food package.*	Fish in pouches will not be allowed. Light tuna and pink salmon in can sizes less than 5 oz will not be allowed. Jack and King Mackerel will not be allowed.
Eggs	1 dozen Medium and Large eggs	Medium eggs will be added as an allowed size.	Extra Large eggs, Jumbo eggs, and eggs sold in ½ dozen cartons will not be allowed.

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Beans	15 to 16 oz cans of beans, peas, or lentils 16 or 32 oz bag of dry beans, peas, or lentils	32 oz bag of dry beans, peas, or lentils will be added as an allowed size.	
Juice	64 and 128 fl oz bottles or jugs of refrigerated Orange Juice 64 and 128 fl oz bottles or jugs of shelf-stable juices 48 and 96 fl oz bottles/packages of juice and 11.5-12 fl oz frozen concentrate until April 30, 2026.	Prior to October 1, 2025, most women and children received 96 to 144 fl oz juice per month. Beginning October 1, 2025, the maximum amount of juice per month will be 64 fl oz for all women and children when they are assigned a new food package.* These juices will be added: 64 fl oz Low Sodium Vegetable Juice 64 fl oz Low Sodium Tomato Juice	48 and 96 fl oz bottles/packages of juice and frozen concentrate juice will be phased out.
Fruits and Vegetables (cash value benefits)	Any size fresh, frozen, and canned fruits and vegetables	Clients will be given an additional \$3.00 per month to purchase fruits and vegetables unless they choose to receive 64 fl oz juice per month when they are assigned a new food package.* Fresh herbs cut at the root or with the root intact will be allowed.	
Baby Foods	4 oz jar or tub 4 oz package of 2-pack of 2 oz container 8 oz package of 2-pack of 4 oz container	There are no changes in allowed sizes and types of baby foods but amount per month will be reduced. Beginning October 1, 2025, for infants, baby cereal will be reduced from 24 oz to either 8 or 16 oz per month when they are assigned a new food package.* Also, some infants will receive a reduced amount of baby fruits and vegetables and baby meat each month when they are assigned a new food package.*	
Infant Formula	The allowed sizes and brands are specified on the client's shopping list.	No changes in formula brands or amount per month, except some infants will receive an increased amount of formula when they are less than one month of age.	

***New food package assignments will be phased in over 6 months from October 1, 2025 to March 31, 2026.**

There are no changes in the allowance of organic products: Organic products are not allowed except for Fruits and Vegetables (cash value benefits), Baby Foods, and Tofu.

As of October 1, 2025, foods with artificial food dyes will not be allowed on the Florida WIC approved product list.

This institution is an equal opportunity provider.