

# Florida WIC Food List Changes for October 1, 2025

## Breakfast Cereals

### Added:

#### Kellogg's

- Raisin Bran ★
- Frosted Mini Wheats Cocoa ★
- Special K Cinnamon & Pecan ★

#### Malt O Meal

- Raisin Bran ★

#### Post

- Bran Flakes ★
- Raisin Bran ★
- Great Grain Raisins, Dates & Pecans ★
- Great Grains Cranberry Almond Crunch ★
- Great Grains Red Berry Almond Crunch ★
- Honey Bunches of Oats with Strawberries

#### General Mills

- Bluey Cereal ★
- Wheaties Protein Maple Almond ★
- Wheaties Protein Honey Pecan ★
- Cheerios Hearty Nut Medley ★
- Strawberry Vanilla Chex ★

#### Quaker

- Mighty Life Strawberry Blueberry Bliss ★
- Mighty Life Very Vanilla Bliss ★

#### Store Brands

- Raisin Bran ★

### Deleted:

#### General Mills

- Berry Berry Kix ★ (discontinued)
- Honey Kix ★ (discontinued)
- Cheerios Oat Crunch Berry ★ (discontinued)

#### Quaker

- Oatmeal Squares Cinnamon ★ (discontinued)
- Life Multigrain Vanilla ★ (discontinued)

#### Kellogg's

- Corn Flakes Honey Flavor

#### Malt O Meal

- Strawberry Cream Mini Spooners ★

#### Hot Cereals

- Farina Mills Creamy Hot Wheat
- Cream of Wheat 1 minute
- Cream of Rice Instant
- Jim Dandy Quick Grits

#### Store Brands

- Oats & More with Almonds
- Oats & More with Honey
- Crispy Hexagons
- Essentially You
- Strawberry Frosted Shredded Wheat ★

Cereals with a star ★ have whole grain as the first ingredient.

## Plant-Based Milk Alternative

### Added:

- Silk Kids Pea & Oatmilk Blend 59 fl oz

## Whole Grains

### Added:

- All whole grains are allowed in 12 to 42 oz loaf, box, bag, or package

#### Allowed brands of bread:

**Any Store Brand** 100% Whole Wheat Bread, Buns, or Rolls

#### Arnold

- 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

#### Baker's Choice

- 100% Whole Wheat Bread

#### Canyon Bakehouse

- Gluten Free 100% Whole Grain Bread, Muffins, Bagels, or Rolls

#### Lewis Bake Shop

- Healthy Life Whole Wheat Bread
- Whole Wheat Bread
- 1/2 Loaf Whole Wheat Bread

#### Martin's

- 100% Whole Wheat Potato Bread

#### Monks'

- Wheat Whole Grain Bread

#### Nature's Own

- 100% Whole Grain Bread
- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Buns

#### Pepperidge Farm

- 100% Whole Wheat Cinnamon Swirl Bread
- 100% Whole Wheat Bread
- Whole Grain 15 Grain Bread
- Whole Grain Oatmeal Bread
- Whole Grain Honey Wheat Bread

#### Sara Lee

- 100% Whole Wheat Bread

#### Wonder

- 100% Whole Wheat Bread

#### Thomas'

- 100% Whole Wheat Bagels
- 100% Whole Wheat English Muffins

### Deleted:

- Gourmet rice
- Steel-cut oats

## Eggs

### Added:

- Medium dozen (12 count)

### Deleted:

- Extra large and jumbo dozen (12 count)
- Any size half dozen (6 count)

## Cheese

### Added:

- 32 oz package—32 oz package will count as 2 - 16 oz packages

### Deleted:

- 8 oz. package *Note: If you have 8 oz of cheese on your WIC EBT card in September, purchase it before October 1, 2025.*
- Specialty cheeses such as those sold in the Deli section of the store.

## Yogurt

### Added:

- 24, 48, and 72 oz multipacks of single-serving reduced fat, lowfat, or fat free yogurt—Original only

### Deleted:

- Yogurt in tubes
- Whole milk yogurt in 16 oz size

## Dry Beans

### Added:

- 32 oz bag—32 oz bag will count as 2 - 16 oz bags

## Peanut Butter

### Added:

- 15.5 oz jar

## Fruits and Vegetables

### Added:

- Fresh herbs cut at the root or with the root intact

## Canned Fish

### Deleted:

- Fish in pouches
- Light tuna and pink salmon in sizes less than 5 oz
- Jack and King Mackerel

## Juice

### Added:

- 64 fl oz Low Sodium Vegetable Juice
- 64 fl oz Low Sodium Tomato Juice



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