



## **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 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.**