

New Jersey WIC NEW Food List 2023

★ **New sizes, brands & varieties of WIC Approved foods** ★

Yogurt

Additional sizes
More brands
New flavors

Infant Fruits & Vegetables

Organic allowed
Pouches allowed
Multi-packs allowed

Canned Beans

Organic allowed
Additional sizes

Canned Fruits & Vegetables

Additional canned tomato products
Individual serving sizes allowed

Breakfast Cereal

Additional sizes

Peanut butter

More brands

Cheese

Additional sizes

Pasta

More brands

Tofu

More brands

Soy milk

Additional brand

Food and Program Guide
Effective January 2023



Over 1,000 new items added!

Now available in 7 languages!