



# Frequently Asked Questions

WIC Authorized Food List Shopping Guide April 13, 2026

The [WIC Authorized Food List Shopping Guide](#) (Shopping Guide) is an educational tool that provides information about the foods authorized by the California Department of Public Health/Women, Infants and Children Division (CDPH/WIC).

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## General Questions

### 1. Why is there a new WIC Shopping Guide?

CDPH/WIC released a new Shopping Guide, effective April 13, 2026, to reflect recent federal WIC updates to the WIC food packages. This new Shopping Guide replaces the April 2, 2019 Shopping Guide and should be used to determine which foods are WIC authorized.

### 2. What does a “food category” or “subcategory” mean in the “Important WIC Authorized Food List Shopping Guide Information” section?

In the Shopping Guide, authorized WIC foods are separated by food category/subcategory, with each having its own requirements.

A food category is a large grouping of healthy foods that includes cheese, milk, eggs, peanut butter, canned fish, whole grains, and others.

A food subcategory includes different types of foods in each category. For example, the food “Basmati Brown Rice” is in the Whole Grains food category and in the Brown Rice subcategory.

### 3. Do participants have to buy everything that is included in their WIC Food Balance?

No. Participants are not required to buy all foods and/or the entire amounts of foods in their WIC Food Balance. For example, if the WIC Food Balance includes three gallons of milk, the participant does not have to buy all three gallons of milk, though CDPH/WIC encourages participants to use all of their benefits.

Participants may also buy only the foods they need during each shopping trip. They can buy what is left during later shopping trips *until 11:59 p.m. on the last day to use their monthly benefits.*

### 4. What does the statement “authorized food items are specific to each individual food category and subcategory” mean in the “Important WIC Authorized Food List Shopping Guide Information” section?

This statement means that each food category/subcategory is only available to a WIC participant when it is included in their WIC Food Balance. For example, when the WIC Food Balance includes plant-based milk alternatives, the participant may only buy foods meeting the requirements in that food’s “Can Buy” section. In this example, the participant could not buy regular cow’s milk because it is a separate food category.

**5. Why might a food be listed in the paper Shopping Guide, but not be included in the WIC App or MyFamily website?**

Sometimes, foods are discontinued or reformulated by their manufacturer after they are included in the paper version of the Shopping Guide, making them no longer available for purchase with WIC benefits.

In those instances, CDPH/WIC does its best to remove those foods from the WIC App and the [Shopping for WIC Foods](#) section of the MyFamily website. CDPH/WIC cannot remove those foods from the paper version of the Shopping Guide until the next time it is revised and reprinted. At that time, those foods will be removed from the paper version, as applicable. CDPH/WIC encourages participants to use the WIC App to scan food barcodes to determine if a product is authorized and included in their WIC Food Balance.

## **Breakfast Cereal**

**1. Can participants buy authorized cereal if the package sizes do not add up to 36 ounces (oz)?**

Yes. Participants can buy less than 36 oz as long as each package is 11.8–12 oz for instant oats/oatmeal or 12–36 oz for all other cereals.

**2. If an authorized cereal package has changed, can participants still buy the cereal?**

Yes. Packaging and logo artwork, brand name, and product name changes are not important; the product itself has not changed. Therefore, CDPH/WIC still authorizes the food for purchase. Ingredient changes may affect authorization, and CDPH/WIC will review products as needed to ensure products continue to be authorized.

**3. Why can't participants buy Honey Kix or Quaker Cinnamon Oatmeal Squares anymore?**

When updating the Shopping Guide, CDPH/WIC required cereal companies to resubmit their currently-authorized products for reauthorization. These products were discontinued, so they were not resubmitted.

## Canned Fish

### 1. Can participants buy more than one type of fish?

Yes. Participants may choose more than one type of fish if each selected item is an authorized fish type. The number of oz cannot be more than the maximum number of oz included in the WIC Food Balance. For example, if a participant has 15 oz of canned fish in their WIC Food Balance, they can mix and match between types and can sizes that do not add up to more than 15 oz total when combined.

For advice on eating fish and mercury levels, please see the FDA recommendations at <https://www.fda.gov/media/102331/download>.

### 2. Why is canned mackerel no longer authorized?

With recent federal WIC updates, the type of canned mackerel that CDPH/WIC is allowed to authorize changed. The types that are now federally-eligible are not widely available in California stores. Additionally, redemption and food preference data show that canned mackerel is not a popular food with WIC families. For these reasons, CDPH/WIC removed canned mackerel as an authorized type of fish in the 2026 Shopping Guide.

### 3. What is the change for sardines in the new Shopping Guide?

In addition to the currently-authorized 15 oz can size, the April 13, 2026 Shopping Guide also authorizes sardines in 5.5 oz cans.

## Canned Mature Beans

### 1. What foods are in the Canned Mature Beans food category?

This food category authorizes plain or seasoned, cooked mature beans or lentils such as black beans, kidney beans, or pinto beans in 15–16 oz cans. See the April 13, 2026 Shopping Guide for more information.

### 2. What are “mature” beans?

When the seeds in the bean pod grow to their full size and maturity, the term "mature beans" is used. Examples of mature bean types include pinto beans, black beans, garbanzo beans, and navy beans. Beans such as edamame, green beans, string beans, and wax beans are not mature beans.

## Cheese

### 1. Can participants buy 32 oz blocks of cheese if they only have 16 oz of cheese in their WIC Food Balance?

No. WIC families can only purchase cheese blocks in 32 oz packages if they have 32 oz of cheese (or more) in their WIC food benefits.

### 2. If participants have 32 oz of cheese in their WIC Food Balance, can they still buy 16 oz packages or do they have to buy 32 oz packages?

Participants can buy either size—whichever one works best for their family.

### 3. What are “cheese blends?”

When two or more types of cheese are mixed together into a block, it is considered blended or marbled. Colby-jack cheese and “cheddarella” (combo of cheddar and mozzarella) are examples of blended cheeses.

### 4. How can a participant tell if a cheese is pasteurized?

The ingredients list will include pasteurized milk, cultured pasteurized milk, or pasteurized, cultured milk as the first ingredient. If the word “pasteurized” is not included, the cheese is not pasteurized and is not authorized.

## Dry Beans, Peas, Or Lentils

### 1. Which package size are participants allowed to buy for dry beans, peas, or lentils?

Participants may purchase 16 oz, 32 oz, and 64 oz of dry beans, peas or lentils. However, WIC families may only buy sizes that add up to the number of oz available in their WIC Food Balance. For example, if a family has 32 oz of dry beans, peas, or lentils in their WIC Food Balance, they can buy two 16 oz packages or one 32 oz package; they cannot buy the 64 oz package because there are not enough oz available in their WIC Food Balance for that size.

## Eggs

### 1. Can participants buy brown eggs?

No. Brown eggs are not authorized. The color of the egg does not affect the nutrition content, and brown eggs can be more expensive than white eggs. Authorizing less expensive types of eggs helps CDPH/WIC keep program costs down in order to serve more participants.

## **2. Why does CDPH/WIC only authorize large eggs?**

Large eggs are the most commonly available size.

## **3. Can participants buy specialty eggs?**

No. Specialty eggs, like pasture-raised, organic, and DHA-enriched, are more expensive than regular white eggs. Authorizing less expensive types of eggs helps CDPH/WIC to keep program costs down in order to serve more participants. Please note, however, that cage-free eggs are authorized as California law requires all eggs sold in California be cage-free eggs.

## **Fruits And Vegetables (Canned Fruits)**

### **1. Do participants have to buy canned fruits in cans?**

No. “Canned” refers to the process of canning or preserving, not the can itself. Participants can buy canned/preserved fruits in any type of container, including but not limited to cans, plastic, or glass. Fruits also must be packed in water or juice, without added sweeteners (sugar, artificial, reduced-calorie, or no-calorie), salt, fats, or oils.

### **2. Can participants buy small fruit cup-type containers?**

Yes. Participants can buy any size and type of container, as long as the product is not made with added sweeteners (sugar, artificial, reduced-calorie, or no-calorie), salt, fats, or oils.

### **3. Can participants buy applesauce in glass or plastic containers?**

Yes. Participants can buy applesauce in any container type if it does not have added sweeteners (sugar, artificial, reduced-calorie, or no-calorie), salt, fats, or oils.

### **4. Can participants buy blends of applesauce with other fruits such as berries?**

Yes. Participants can buy applesauce blends if they do not have added sweeteners (sugar, artificial, reduced-calorie, or no-calorie), salt, fats, or oils.

## **Fruits And Vegetables (Canned Vegetables)**

### **1. Do participants have to buy canned vegetables in cans?**

No. “Canned” refers to the process of canning or preserving, not the can itself. Participants can buy canned/preserved vegetables in any type of container, including but not limited to cans, plastic, or glass. Vegetables also cannot have added sweeteners (sugar, artificial, reduced-calorie, or no-calorie) and added sauces, fats, or oils.

## **2. Can participants buy canned hominy?**

Yes. Canned hominy is a type of corn. Participants can buy any color of hominy without added sweeteners (sugar, artificial, reduced-calorie, or no-calorie) and added sauces, fats, or oil.

## **3. Can participants buy canned mixed vegetables containing mature beans with the Fruits and Vegetables benefit?**

No. Participants cannot buy canned mixed vegetables containing mature beans such as lima beans with this benefit. Participants can buy canned mature beans with the legumes benefit only.

## **4. Can participants buy stewed tomatoes, tomato sauce, pizza sauce, spaghetti sauce, ketchup, salsa, and soup?**

No. Federal WIC rules do not allow tomato products with added sugar, fats, or oils. All of the listed items above typically contain at least one of these ingredients.

## **Fruits And Vegetables (Frozen Fruits)**

### **1. Can participants buy frozen fruit pulp?**

Yes. Participants can buy frozen fruit pulp as well as smoothie mixtures without added ingredients, oils, salt, or sweeteners (sugar, artificial, reduced-calorie, or no-calorie).

## **Fruits And Vegetables (Frozen Vegetables)**

### **1. Can participants buy mixtures of frozen vegetables that contain frozen mature beans such as soybeans or lima beans?**

Yes. Participants can buy frozen beans or frozen beans and vegetables mixtures with the Fruit and Vegetable benefit.

### **2. Can participants buy frozen vegetables that can be cooked in the bag?**

Yes. Participants can buy any container type, including “cook-in-the bag” or “steam-in-the bag.” These products often include added ingredients, which are not authorized. Make sure that the frozen vegetable product selected does not contain other ingredients such as seasonings, sauces, or grains.

### **3. What kinds of frozen potatoes can participants buy?**

Participants can buy frozen potatoes without added sauces, fats, sugars, sweeteners, or oil. French fries, tater tots, hash browns, and mashed potatoes are not authorized. They cannot be bought even if they do not contain added sauce, fats, sugars, sweeteners (artificial, reduced-calorie, or no-calorie), or oil.

## **Fruits And Vegetables (Fresh)**

### **1. Can participants buy fresh herbs?**

Yes. Fresh herbs, either cut at the root or with the root intact, are authorized in the April 13, 2026 Shopping Guide. WIC families may use their Fruits and Vegetables benefit to buy fresh herbs. Participants cannot buy dried herbs.

### **2. Can participants buy white and red potatoes or yams?**

Yes. Participants can buy any color of potato, yam, or sweet potato.

### **3. Can participants buy berries packaged in containers?**

Yes. Participants can buy berries packaged in containers as long as they do not have any added sugar, sweeteners (artificial, reduced-calorie, or no-calorie), oils, or fats.

### **4. Can participants buy onions, garlic, chilies, or jalapeños?**

Yes. Participants can buy these foods as long as they are not decorative, on a string, dried, or have added sauces, fats, oils, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie).

### **5. Can participants buy green onions?**

Yes. Participants can buy green onions.

## **Fruits (Dried)**

### **1. Can participants buy dried fruit with the Fruits and Vegetables benefit?**

Yes. Participants older than 12 months of age can buy dried fruits with the Fruits and Vegetables benefit.

### **2. Are all types of dried fruits authorized?**

No. Dried fruits with added fats, oils, natural or artificial flavors, or sweeteners (sugar, artificial, reduced-calorie, or no-calorie) are not authorized.

### **3. Are dried vegetables authorized?**

No. Dried vegetables are not authorized.

### **4. Can participants buy fruit roll-ups?**

No. Participants cannot buy fruit roll-ups because they often have added sugar, oil, or fat and are not authorized.

## Fruits And Vegetables Benefit/ Cash-Value Benefit (CVB)

### 1. Can participants buy a mix of fruits and vegetables with their Fruits and Vegetables benefit?

Child and adult participants can buy any combination of fruits and vegetables in authorized forms (i.e., fresh, canned, frozen, or dried fruits). Infant participants may use their CVB to buy any combination of fresh, canned, or frozen fruits and vegetables—they are not allowed to buy dried fruits.

### 2. Must participants buy specific package sizes of fruits and vegetables items?

No. Participants can buy fruits and vegetables in any package size. The Fruits and Vegetables benefit is issued in a maximum dollar amount, not in package size. **What happens if the participant's purchase price goes over the dollar amount limit for their Fruits and Vegetables benefit?**

The participant can pay the extra amount using CalFresh benefits, cash, or credit. If the participant does not want to pay the extra amount, fruit and vegetable items can be put back.

### 3. If the purchase price is lower than the limit of the Fruits and Vegetables benefit, should the participant receive cash back?

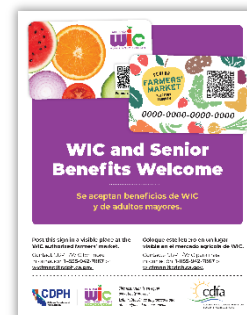
No. The participant should not receive cash back. With the WIC Card, a participant may use the remaining balance at a later shopping trip until *11:59 p.m. on the last day to use their monthly benefits.*

### 4. Is the Fruits and Vegetables benefit the only benefit where the participant can pay the money difference?

Yes. The Fruits and Vegetables benefit is the only benefit where the participant can pay the difference.

### 5. Can the Fruits and Vegetables benefit be used at farmers' markets?

Monthly CVB benefits can be used to buy *fresh* fruits, vegetables, and fresh cut herbs with WIC farmers at WIC authorized farmers' markets. Look for the authorization sign posted at the farmers' booths. See the list of [CA WIC and Senior Enabled Farmers](#) (PDF) or use the [Farmers' Market search tool](#) at [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) to find authorized farmers and markets.



## Infant Formula

### 1. Why are infant formula product information and pictures not included in the Shopping Guide?

Because infant formula manufacturers often make label and name changes, it is hard to keep formula information current in the Shopping Guide. Therefore, the information is not included in the paper Shopping Guide. Infant formula product information is included in the WIC App, which is easier to keep up to date. The information is also included in the [Contract Infant Formula Flyer](#) (PDF) on CDPH/WIC's website and the [MyFamily](#) website. This flyer can be used by both vendors and participants and should be printed for participants at the WIC office, upon request.

## Infant Fruits and Vegetables and Infant Meats

### 1. Can participants buy any brand of infant fruits and vegetables or infant meats?

No. Participants must buy products made by the brands listed in the Shopping Guide "Can Buy" sections.

### 2. Do participants have to buy all of the infant fruits and vegetables or infant meats included in their WIC Food Balance?

No. Participants are not required to buy all foods and/or the entire amounts of foods in their WIC Food Balance, though CDPH/WIC encourages participants to use all of their benefits. Participants may also buy only the foods they need on each shopping trip. They can buy what is left at later shopping trips until 11:59 p.m. on the last day to use their monthly benefits.

### 3. Are infant fruits with added fruit juice authorized?

Yes. Infant fruits with added fruit juice are authorized, though products where juice is listed as the first ingredient are not authorized.

### 4. Can participants buy 2-packs and multi-packs?

Yes. Participants can buy multi-packs of 4 oz containers. The number of individual containers cannot exceed the maximum included in their WIC Food Balance. For example, if the amount authorized is 32 containers, participants can buy sixteen 2-packs of 4 oz containers. Two-packs of 2 oz containers are NOT authorized.

### 5. Do 2-packs count as one or two containers of infant fruits and vegetables?

A 2-pack contains two individual containers. Therefore, a 2-pack is counted as two containers.

## Infant Cereal

### 1. Can participants buy either authorized size of infant cereal with the WIC Card?

With the WIC Card, participants can buy either 8 oz or 16 oz containers of infant cereal, depending on the number of infant cereal oz included in their WIC Food Balance.

### 2. Why is rice infant cereal no longer authorized?

CDPH/WIC no longer authorizes rice infant cereal due to the potential for higher arsenic content in rice infant cereal compared to other grain type

## Juice (Bottled and Concentrate)

### 1. Why do the front labels for ruby red and pink grapefruit juice need to state 80% vitamin C (or more) while the front label for white grapefruit juice does not?

Federal WIC rules require that juices contain a certain amount of vitamin C. Citrus juices, like orange juice and white grapefruit juice, naturally contain the right amount of vitamin C. So, only non-citrus juices are required to state the amount of vitamin C on the front label. Ruby red and pink grapefruit juices are blended with non-citrus juice. Therefore, their front labels must include the 80% vitamin C (or more) statement.

### 2. The Shopping Guide shows that participants can buy juice blends. Can a participant buy orange-tangerine juice?

No. Participants cannot buy orange-tangerine because tangerine is not an authorized flavor. Participants can buy only juice blends that are two or more authorized flavors as named on the front label. For example, cranberry-apple blend is authorized because both cranberry and apple are authorized flavors.

### 3. What is the difference between concentrate juice and bottled juice?

The concentrate juice food category includes both frozen and non-frozen concentrate juice. Concentrate juice needs water added to it before it can be consumed. Bottled juice can be consumed right out of the bottle.

### 4. How do we reconstitute concentrate juice and how much juice does one container make?

Open the concentrate can of juice and pour into large container. Using the empty juice can, add three cans of water into container, mix well, and refrigerate.

- 11.5 oz concentrate juice reconstitutes to 46 oz of juice
- 12 oz concentrate juice reconstitutes to 48 oz of juice

- 16 oz concentrate juice reconstitutes to 64 oz of juice

## **5. How do participants make the most of their juice benefit?**

To get the full 64 oz of juice, participants can buy 64 oz bottles or 16 oz concentrate containers of juice.

## **Milk**

### **1. Are participants required to buy store brand milk?**

No. Participants can buy any brand of milk, including store brand, that meets the requirements in the April 13, 2026 Shopping Guide and is included in the APL. If you cannot purchase a milk you believe should be authorized, please send an email to [WIC@cdph.ca.gov](mailto:WIC@cdph.ca.gov) with clear pictures of the product, including front label, UPC, Nutrition Facts, and ingredients list.

### **2. Can all participants buy whole milk?**

No. Federal WIC rules allow whole milk for children 12–23 months of age. All other participants may buy lowfat (1%) or nonfat milk. The fat level approved for each participant is included in their WIC Food Balance.

### **3. When can a participant buy evaporated milk or powdered dry milk instead of fluid milk?**

A participant must first ask for evaporated or powdered dry milk at their local WIC office so it can be added to their WIC benefits. Once the evaporated or powdered dry milk has been issued, it will be included in the participant's WIC Food Balance. The participant can then buy the evaporated or powdered dry milk that's available in their WIC Food Balance.

### **4. What container sizes are authorized for fluid cow's milk?**

For regular fluid cow's milk, participants can buy gallon containers (or half gallon containers if included in their WIC Food Balance).

For lactose-free fluid cow's milk, participants can buy half gallon, .75 gallon, or one gallon containers. Please note, participants issued lactose-free milk who choose to buy the .75 gallon containers will be advised to buy them in pairs (i.e., even numbers) to help get their full benefit.

## **Peanut Butter**

### **1. Can participants buy reduced fat or lowfat peanut butter?**

No. Most reduced fat or lowfat peanut butters do not meet the federal WIC rule that authorized peanut butters must contain at least 90% peanuts. These are considered peanut butter spreads and are not authorized.

## **Plant-Based Milk Alternatives**

### **1. What types of plant-based milk alternatives can participants buy?**

The April 13, 2026 Shopping Guide expanded the offerings in this food category from just soy milk to also include several pea milk products and an oat milk blend product.

### **2. Why are only specific brands of plant-based milk alternatives authorized?**

Plant-based milk alternatives must meet specific federal WIC nutrient-fortification rules. The brands listed in the April 13, 2026 Shopping Guide are the only products known to CDPH/WIC that currently meet these rules.

Not all WIC vendors may carry authorized brands of plant-based milk alternatives. You can make a request to the store manager to stock the item.

### **3. Are any of the authorized plant-based milk alternatives organic?**

No. CDPH/WIC does not authorize organic products in this food category because no organic products in this food type currently meet federal WIC nutrient-fortification rules. However, Pacific Foods Ultra Soy Milk Original is not 100% organic but is made with organic soybeans.

### **4. Are any other brands of plant-based milk alternatives authorized?**

No. Other brands are not authorized. This is because other brands do not currently make products that meet federal WIC rules.

### **5. What is the difference between refrigerated and shelf-stable plant-based milk alternatives?**

Shelf-stable products do not require refrigeration before they are opened.

## **Tofu**

### **1. Why are some textures of certain brands of tofu not authorized?**

Some textures of certain brands do not meet federal WIC rules for calcium fortification, so they are not authorized.

## Whole Grains

### 1. What types of foods are authorized in the whole grains food category in the April 13, 2026 Shopping Guide?

The April 13, 2026 Shopping Guide continues to authorize whole wheat bread, brown rice, bulgur, oatmeal, whole grain barley, corn tortillas, whole wheat tortillas and whole wheat pasta in the whole grains category. Additionally, there are several new types authorized for WIC families with this new Shopping Guide. These new types of authorized whole grains include whole wheat bagels, whole wheat English muffins, whole wheat pita bread, corn masa flour, and whole grain cornmeal.

### 2. What package sizes are authorized for whole grains?

With the exception of whole wheat pasta, participants can buy whole grains in any package size that is 12–48 oz in size, depending on the number of oz included in their WIC Food Balance. This size range is a change in size requirements with this new April 13, 2026 Shopping Guide. In the previous version, only 16 oz packages were authorized.

### 3. What brands of whole wheat bread products can participants buy?

Participants can buy any brand of whole wheat bread products (loaves, buns, or rolls; whole wheat bagels; whole wheat English muffins; or whole wheat pita bread) in 12–48 oz size packages that have “100% Whole Wheat” printed on the front label. This includes store bakery bread.

### 4. Can participants buy 100% whole wheat bread with honey?

Yes. Participants can buy 100% whole wheat bread with honey as long as it is sold in a 12–48 oz package and “100% Whole Wheat” is printed on the front label.

### 5. Can participants buy hot dog buns or hamburger buns?

Yes. Participants can buy hot dog buns or hamburger buns as long as they are sold in a 12–48 oz package and “100% Whole Wheat” is printed on the front label.

### 6. Which brands of tortillas can participants buy?

Participants can buy only the authorized corn or whole wheat tortilla brands listed in the April 13, 2026 Shopping Guide.

### 7. What is the difference between the oatmeal in the breakfast cereal food category and the oatmeal in the whole grains food category?

The oatmeal authorized in the breakfast cereal food category is individual serving packets of instant oatmeal in 11.8–12 oz containers. This oatmeal is fortified with the federally-required amount of iron. The oatmeal authorized in the whole grains food

category may not be in individual serving packets, must be in 12–48 oz containers, and have no required amount for iron fortification.

**8. Which brands of whole wheat pasta can participants buy?**

Participants can buy only the authorized 16 oz whole wheat pasta brands listed in the April 13, 2026 Shopping Guide.

**9. How does a participant know if a cornmeal they want to purchase is considered whole grain and therefore WIC authorized?**

Participants can purchase any brand of yellow or white whole grain cornmeal of any texture in 12–48 oz packages. To determine if the product is whole grain, they should look at the ingredients list to ensure that “whole grain corn” is the first and only ingredient. Additionally, participants can scan the UPC with their WIC App to see if the cornmeal product is authorized.

**10. What is the difference between corn masa flour and cornmeal?**

Corn masa flour is made from corn that has been cooked and processed before grinding, which boosts its nutritional profile while giving it a distinct flavor and making it pliable for making foods such as tortillas and tamales. Cornmeal is simply ground dried corn, making it coarser and used for things like cornbread or polenta.

## **Yogurt**

**1. Which brands of yogurt can participants buy?**

Participants can buy only the authorized yogurt brands, types, and flavors in 32 oz (quart-sized) containers listed in the April 13, 2026 Shopping Guide.

**2. Can participants buy individual-serving containers of WIC authorized yogurt?**

No. Only 32 oz (quart-sized) containers of yogurt are authorized.

**3. Are Greek or organic yogurts authorized?**

No. Only non-organic yogurt of regular texture is authorized. Greek yogurt and organic yogurt are more expensive than regular yogurt. Authorizing less expensive types of yogurt helps CDPH/WIC keep program costs down in order to serve more participants.

**4. Can participants buy whole fat yogurt?**

Whole fat yogurt is federally authorized for participants 12–23 months of age only, who can choose to buy either whole or lowfat yogurt. Participants 24 months of age and older must buy lowfat or nonfat yogurt. Authorized fat levels are included in the participant’s WIC Food Balance.

## 5. Why are plant-based yogurts not authorized?

While plant-based yogurt is allowed in federal regulations, it is not currently authorized by CDPH/WIC as most plant-based yogurts currently available in grocery stores do not meet federal WIC nutrition requirements.