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.