



Effective May 1, 2015

WHITE POTATOES ARE WIC APPROVED FOODS

- Any variety of white potatoes (i.e., Yukon Gold; Russets; Idaho; red potatoes; purple potatoes, etc.) may be purchased with WIC benefits.
- White potatoes may be sold: as a fresh vegetable; in cans without added sugars, fats or oil; or frozen without added sugars, fats, or oil.
- Only Fruit & Vegetable checks may be used to purchase white potatoes.

YOGURT

- Non-fat or Low fat yogurt is WIC-approved foods.
- Only plain or vanilla flavored yogurts are allowed.
- Only 32 ounce yogurt containers are allowed.
- Yogurt must be listed on a WIC check for purchase.
- Whole fat/whole milk yogurt can be issued to children under two and may be purchased **ONLY** if listed on the WIC check.
- **Greek Yogurt is NOT a WIC-Approved Food.**
- **No organic yogurt.**

