



Major WIC Food Changes 2026

New Shopping Guide, effective April 13, 2026



Scan here to see the new Shopping Guide
(Available online April 2026)

Added

Milk

- **Lactose-free milk:** .75 gallon and one gallon containers
- Powdered dry milk in 9.625 oz containers



Cheese

- 32 oz packages

Yogurt

- Various brands and products
- **New Cannot Buy:** Plant-based yogurt



Plant-Based Milk Alternatives

- Expanded to include pea milk and oat milk blends
- “Soy” renamed to “soy milk”
- Various brands and products



Canned Mature Beans

- **New type:** Fat free refried beans
- Seasoned canned beans
- **New/revised Cannot Buys:**
 - » Canned beans, peas, or lentils with sauce
 - » Canned beans, peas, or lentils with artificial, reduced-calorie, or no-calorie sweeteners
 - » Organic canned beans, peas, or lentils



Whole Grains

- **New types:** Corn masa flour, whole grain cornmeal, whole wheat bagels, whole wheat English muffins, and whole wheat pita bread
- **New sizes:** 12–48 oz for all types except whole wheat pasta
- **Various brands:** Corn tortillas, whole wheat pasta, and whole wheat tortillas
- **New/revised Cannot Buys:**
 - » Any other type, size, or variety of whole wheat bread products, brown rice, bulgur, corn masa flour, cornmeal, oatmeal, oats, or whole grain barley
 - » Brown rice, bulgur, corn masa flour, cornmeal, oatmeal, oats, or whole grain barley with added sugars, fats, oils, or salt
 - » Refrigerated or frozen whole grains
 - » Cornmeal with anything other than “whole grain corn” as the first ingredient
 - » Polenta or grits
 - » Organic bread products, tortillas, oatmeal, oats, brown rice, corn masa flour, and cornmeal



Breakfast Cereal

- Various brands and products
- **New Cannot Buy:** Organic breakfast cereal



Dry Beans, Peas, or Lentils

- 32 oz and 64 oz packages



Canned Fish

- **Sardines:** 5.5 oz cans



Fruits and Vegetables

- Fresh herbs, cut at the root or with the root intact
- **New/revised Cannot Buys:**
 - » Party trays with dip or other non fruits and/or vegetable ingredients
 - » Potted plants with vegetables, fruits, or herbs
 - » Seeds

Infant Cereal

- Various brands and products
- **New Cannot Buy:** Rice cereal

Infant Fruits and Vegetables

- Various brands



Infant Meats

- Various brands



Removed

Yogurt

- Various brands and products
- **Cannot Buy:** Soy yogurt

Plant-Based Milk Alternatives

- **Various brands and products:** Soy milk
- **Cannot Buy:** Unsweetened soy

Whole Grains

- **Various Brands:** Corn tortillas, whole wheat pasta, and whole wheat tortillas

Breakfast Cereal

- Various brands and products

Canned Fish

- Mackerel

Infant Cereal

- Various brands and products

Infant Fruits and Vegetables

- Various brands

Infant Meats

- Various brands



California Department of Public Health, California WIC program

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