

What to look for: Whole Wheat WIC Approved Breads and Buns

Breads

- Allowed breads must be labeled “100% whole wheat” and lists whole wheat flour as the first ingredient
- Breads can be bought in sizes between 12-24 oz. You will need to check your balance for whole grains to see what size you can buy



16 oz



20 oz



24 oz

DO NOT BUY:

- In-store bakery brand;
- multigrain;
- Healthy Life 100% whole wheat (high fiber or sugar free);
- bagel bread, bagels, pita bread;
- muffins, English muffins;
- frozen bread and rolls;
- sugar-free or with Splenda;
- double fiber;
- with flaxseed;
- gluten-free;
- organic



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, VEGETABLE OIL (SOYBEAN), SEA SALT, WHEAT BRAN, CULTURED WHEAT FLOUR, SOY LECITHIN, CITRIC ACID, GRAIN VINEGAR. R21-020-400143

NOTE: It is very important to either use your **WIC Shopping Guide** or the **MyWIC app** to scan & verify that items are WIC approved when shopping for WIC foods. Available brands/selection may vary by store.

If you have questions about this or any of your WIC food benefits please call us at 920-459-3417 or email Sheboygan.WIC@SheboyganCounty.com

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What to look for: Whole Wheat WIC Approved Tortillas, Pastas, Brown Rice

Tortillas

Allowed Tortillas **must be**
16 ounces and can be:

- White soft corn OR
- Yellow soft corn OR
- 100% whole wheat



Pastas



Allowed Pasta can be any
noodle shape but **must be:**
16 ounce package
AND
100% whole wheat

Brown Rice



Can be 14-16 ounces

Box or bag

Any brand, dry

Plain

Regular, Instant, or Boil-in bag type

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