



EXPANDED FOOD GUIDE CHOICES DURING COVID-19

Effective April 1, 2020

See below for additional food choices and package sizes allowed in the Michigan Food Guide until further notice. For more information, please refer to the [Food Guide](#)

Whole Grains – Oatmeal:	Best Choice, Quick Oats 16oz Best Choice, Old Fashioned Oats 16oz	Infant Cereals: Any Brand, Organic allowed
Whole Grains – Pasta:	Full Circle 16oz	Infant Fruit and Vegetables: Any Brand, Organic allowed Single 4oz Containers Multi-packs of 1oz, 2oz, or 4oz NO pouches
Whole Grains – Tortillas:	Best Choice, 100% Whole Wheat Fajita Size 8 count Frescados, Whole Grain 10 count Kroger, Yellow Corn 24 count Our Family, Whole Wheat 8 count Our Family, Soft Taco size 10 count Our Family, White Corn 16 & 18 count Our Family, Yellow Corn 18 & 24 count	Infant Meats: Any Brand, Organic allowed
Cold Cereal:	Any current WIC cereal now allowed in an 8oz or larger box Also now allowed in an 8oz or larger box.... General Mills: Chex: Cinnamon, Blueberry, Vanilla Kix: Berry Berry*, Honey* Wheaties* Whole Grain Total* Kellogg's: All Bran Complete, Wheat Bran Flakes* Crispix, Plain* Frosted Mini Wheats Bite Size: Blueberry*, Filled Mixed Berry*, Strawberry* Frosted Mini Wheats Little Bites* Special K Banana Special K Protein: Honey Almond Ancient Grains*, Original Multi-Grain Touch of Cinnamon* Post: Grape Nuts: Flakes, Original Great Grains Crunchy Pecan Honey Bunches of Oats Pecan and Maple Brown Sugar Quaker: Life Strawberry Store Brands: Always Save: Corn Flakes, Frosted Shredded Wheat* Best Choice: Crispy Rice Squares, Crispy Hexagons, Crunch Wheat Biscuits*, Instant Oatmeal (regular flavor individual packets), Wheat Crisps	Beans, Lentils & Peas: Fat Free Refried Beans Randall (15-16oz jar) Yogurt: 2oz tube 8-pack (16oz total) 2oz tube 16 pack (32oz total) Activia multi-packs, 4oz 4-pack & 4oz 8-pack Lala, 32 oz Prairie Farms, 32oz Cheese: If your Shopping List says 1LB (16oz), you can choose 2 - 8oz or 1 - 16 oz package Any type prepackaged sliced cheese, in addition to American (without individual wrapping) Soy Beverage: Silk, Original 32oz & 64oz shelf stable

Starred items (*) are Whole Grain