



Temporary WIC Food Updates due to COVID-19

Much of the food shortages you may be seeing at your local grocery store are created by panic shopping rather than any shortage in the supply chain. To help you find the food you want, Colorado WIC has temporarily added these options.

Milk

If you were issued lowfat/nonfat milk (1% or skim) you can now get 2% milk.

Shopping tips

- If you notice gallons of milk are running low or out at your grocery store, you can purchase quart or half-gallons of milk.
 - 4 quarts = 1 gallon and 2 half-gallons = 1 gallon.
- You can purchase any brand milk (does not include organic milk).
- You can purchase lactose free, buttermilk, goat milk, or UHT (shelf-stable) as well as canned or powdered milk.

Bread & Corn Tortillas

If you are pregnant or breastfeeding, you can now get any brand of 100% whole wheat bread up to 24 ounces or WIC-approved brand corn tortillas up to 24-ounces. Contact your local WIC clinic to have your food benefits changed to 24 ounces.

Shopping Tip

Mix and match different types of whole grains available with WIC to purchase the max amount of ounces (oz) you are able to buy for your family. There are many whole grain choices to pick from with WIC:

- 100% whole wheat bread.
- Brown rice.
- Soft corn tortillas.
- 100% whole wheat tortillas.
- 100% whole wheat pasta.
- Oats (not instant packets).

Use the WICShopper App to help with shopping. Remember to register your eWIC card.