



WIC APPROVED FOODS

- UPDATE -

Effective: 1-1-2010

A complete list of WIC approved foods effective 1-1-2010 is available at <http://www.doh.wa.gov/cfh/wic>

Whole Grain Choices: Soft Tortillas

Any brand of yellow or white soft corn tortillas and soft whole wheat tortillas in 9 oz to 32 oz packages.

Soft Corn Tortillas

These are WIC approved. Other brands may also be approved.	Size and Container Type	X = New
Chi Chi's Café Style Corn Tortillas (formerly Manny's)	14 ounce pre-packaged	
Don Pancho White Corn Tortillas	13 ounce pre-packaged	X
Don Pancho 6" White Corn Tortillas	16 ounce pre-packaged	X
Don Pancho 6" White Corn Tortillas	27.6 ounce pre-packaged	X
Don Pancho 6" Yellow Corn Tortillas	27.6 ounce pre-packaged	X
Don Pancho Yellow Corn Tortillas	13 ounce pre-packaged	
Great Value Corn Tortilla	22 ounce pre-packaged	
Guerrero White Corn Tortillas	16 ounce pre-packaged	X
Guerrero White Corn Tortilla	27.5 ounce pre-packaged	X
Guerrero Yellow Corn Tortilla	27.5 ounce pre-packaged	X
La Burrita 8" Yellow Corn Tortillas	16 ounce pre-packaged	
Mission White Corn Tortillas - Super Size	14 ounce pre-packaged	X
Mission Yellow Corn Tortillas - Super Size	14 ounce pre-packaged	
Mission Yellow Corn Tortillas - Extra Thin	16 ounce pre-packaged	
Tia Rosa Yellow Corn Taco Size Tortillas	13 ounce pre-packaged	
Tia Rosa White Corn Tortillas	30 ounce pre-packaged	X

Soft Wheat Tortillas

These are WIC approved. Other brands may also be approved.	Size and Container Type	X = New
Guerrero 100% Whole Wheat Tortillas	16 ounce pre-packaged	X
Mama Lupe's 100% Whole Wheat Flour Tortillas	18 ounce pre-packaged	X

Questions? Ask WIC staff or visit our website <http://www.doh.wa.gov/cfh/wic>

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