



# 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: 100% Whole Wheat Bread

Any pre-packaged loaf labeled "100% whole wheat"  
in 16 oz to 32 oz packages.

These are WIC approved. Other brands may also be approved.	Size and Container Type	X = New
Franz 100% Whole Wheat	16 ounce pre-packaged	
Franz 100% Whole Wheat (gold wrapper)	16 ounce pre-packaged	
Fred Meyer 100% Whole Wheat	16 ounce pre-packaged	X
Sara Lee Classic 100% Whole Wheat	16 ounce pre-packaged	
Safeway O Organics 100% Whole Grain Wheat Bread	22 ounce pre-packaged	
Albertsons 100% Whole Wheat Bread	24 ounce pre-packaged	
Country Oven 100% Whole Wheat Bread	24 ounce pre-packaged	
Franz 100% Stone Ground Whole Wheat Bread	24 ounce pre-packaged	
Franz 100% Whole Wheat Bread	24 ounce pre-packaged	
Great Value 100% Whole Wheat	24 ounce pre-packaged	
Haggen 100% Stone Ground Whole Wheat Bread	24 ounce pre-packaged	X
Haggen 100% Whole Wheat Bread	24 ounce pre-packaged	
Oroweat 100% Whole Wheat Bread	24 ounce pre-packaged	
Roman Meal All Natural 100% Whole Wheat Bread	24 ounce pre-packaged	
Royal Hearth 100% Whole Wheat Bread	24 ounce pre-packaged	
Yoke's Fresh Market 100% Whole Wheat	24 ounce pre-packaged	
Franz Big Horn Valley All Natural 100% Whole Wheat Bread	26 ounce pre-packaged	
Franz Oregon Trail 100% Whole Wheat	26 ounce pre-packaged	

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

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