



State of New Jersey
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DATE: April 1, 2020
REPLY TO ATTENTION OF: NJ WIC #20-024
SUBJECT: COVID-19 Updated WIC Food Substitutions
TO: Local WIC Agencies and WIC Authorized Vendors
FROM: Nancy Scotto-Rosato, PhD, Director

Because food suppliers and retailers have reported the surging demand for food and the struggle in maintaining stocked store shelves, the New Jersey Special Supplemental Nutrition Program for Women, Infants and Children (WIC) program applied and received a Federal Waiver to add more food substitutions to certain WIC food categories, specifically for Whole Grain (Bread), Cheese, and Cereal categories.

All allowed substitutions are listed below and can be seen in the flyer attached. The newly approved substitutions are highlighted in red below and in the flyer. WIC Authorized vendors can now offer these to WIC participants **effective immediately** and until further notice. These **additional substitutions** shall be allowed along with the previously approved items, if the item specified on the check is not available. This memo supersedes memo NJWIC# 20-021 dated March 19, 2020.

The additional substitutions are highlighted in red. The select additional food items include Bread, Cereal and Cheese:

Milk:

The current authorized WIC food is the store brand only- Fluid, Evaporated/Canned (whole, reduced fat 2%, low fat/light 1% or fat free/skim).

✓ **Substitution** – Any brand of Milk

Example: if a participant's check says 1 Gallon 1% or Skim milk Store Brand, they can get 1 Gallon 1% or Skim milk Any Brand.

✓ **Substitution** – For checks listing whole milk, participant can change to any size container whole milk.

Example: if a participant's check says 1 Gallon whole milk, they can get 2 Half Gallons, Whole milk.

✓ **Substitution** – For checks listing low fat milk (1% or Skim), participants can change to any size container 1% or Skim.

Example: if a participant's check says 1 Gallon 1% or Skim milk, they can get 2 Half Gallons, 1% or Skim milk

✓ **Substitution** – Organic milk can be redeemed for the type of milk listed on the check.

✓ **Substitution** – Organic soy can be redeemed for the type of soy milk listed on the check.

Whole Grains:

The current authorized WIC food is 16-ounce packages of 100% Whole Wheat Bread / Rolls, Whole Wheat Pasta, Brown Rice, Whole Grain Tortilla and Corn Tortilla.

✓ **Substitution** – For checks listing 16-ounce Whole Grain product, participants can select an alternate Whole Grain product.

Example: if a participant's check says one 16-ounce Whole Wheat Pasta, they can get one 16-ounce Whole Wheat Bread, Brown Rice, Whole Grain Tortilla and Corn Tortilla.

✓ **Substitution – Any brand of Whole Wheat Bread, up to a 24-ounce package.** Substitution only applies for packages labeled as “100% Whole Wheat bread”, NOT “100% whole grain bread”.

Beans, Peas and Lentils:

The current authorized WIC food is

Dry: varieties of mature beans, peas or lentils- 16 oz only.

Canned: regular and low sodium varieties of mature beans, peas and lentils 15.5-16 oz. only.

✓ **Substitution** – Organic varieties of Beans, Peas and Lentils; participants can change to any brand.

✓ **Substitution** – For checks listing 16 oz package Dry Beans, participants can substitute for four 15.5-16 oz. Canned beans.

✓ **Substitution** – For checks listing 15.5-16 oz. Canned beans, participants can substitute one 16 oz package of Dry Beans.

Peanut Butter:

The current authorized WIC food is 16-18 oz. jars, Store brand, Skippy and / or Jif; creamy or crunchy, reduced/low fat and natural.

✓ **Substitution** – Organic varieties of 16-18 oz. jars, Store brand, Skippy and / or Jif.

Eggs:

The current authorized WIC food is one dozen (12 eggs) carton only, Grade A white large.

✓ **Substitution** – one dozen (12 eggs) carton – any size (medium, large, extra-large) white or brown Grade A or AA.

Infant Fruits and Vegetables:

The current authorized WIC food is plain single fruits or combinations of two or more plain fruits and infant vegetables; the current authorized WIC food is plain single vegetable or combinations of two or more plain vegetables. Amount and size listed on the WIC check. Variety of single ingredient commercial infant food fruit and vegetable. Combination of plain single ingredients such as peas and carrots or apples and bananas. Two (4 oz.) packs and 4 oz. individual containers. One 2 pack counts as 2 (4 oz.) individual containers.

✓ **Substitution** – Two 2 oz. containers of Infant Fruits instead of one 4 oz. Infant Fruit container.

✓ **Substitution** – Two 2 oz. containers of Infant Vegetables instead of one 4 oz. Infant Vegetable container.

Cheese

The current authorized food is 16 oz package size only Cheese – Any brand

✓ **Substitution** – for checks listing one 16 oz size Cheese, participants can substitute two 8 oz size cheeses

Cereal (Cold)

The current authorized WIC food is 18 oz up to 36 oz Cereal

✓ **Substitution** - smaller size boxes of cereal, 12 oz up to 36 oz Cereal

The State agency continues to work closely with Mead Johnson, Infant Formula contractor to ensure WIC participants can redeem their WIC checks for their infant formula food package prescriptions during these challenging times. The State agency, USDA, Local WIC agencies and stakeholders will continue to work to address issues as they arise.

Should you have any questions, please contact the State WIC office at 609-292-9560 or by email at: NJ.WICVendor@doh.nj.gov