

Mississippi WIC Food List Changes for 2026

MILK

No Longer Approved:

- Chocolate Milk (no longer approved)

PLANT BASED MILK

Added:

Silk 64 oz

- Silk Soy Original
- Silk Soy Vanilla
- Unsweet Zero Sugar

Silk 48 oz

- Silk Protein Original

Silk Kids 59 oz

- Original Oat Milk Blend

Ripple Kids 48 oz

- Original Plant Based
- Unsweetened Original Plant Based

Ripple 48 oz

- Original
- Unsweetened Original Plant Based

CHEESE

Added:

Store brand only

8 or 16 oz packages

- Cheddar, Mozzarella, Provolone, Muenster, Colby, Monterey Jack, American, Swiss

YOGURT

Added:

Yoplait Lowfat

32 oz tubs

- Blueberry
- Plain

Yoplait Kid Lowfat

8 pack cups (32 oz)

- Wild Berry/Cotton Candy (Moana)
- Strawberry Banana/Raspberry (Bluey)
- Strawberry/Blueberry (Frozen)
- Strawberry/Strawberry Banana (Spidey)
- Trix Strawberry/Berry (Mario)

Yoplait GO-GURT Simply Lowfat

8 tubs (16 oz)

- Vanilla/Raspberry
- Mixed Berry/Strawberry Banana
- Strawberry

16 tubs – 32 oz

- Strawberry/Mixed Berry

Stoneyfield Organic

32 oz tubs

- Greek Non-fat, Plain
- Whole Milk Probiotic, Plain
- Whole Milk Probiotic, Vanilla

Activia Lowfat

4 pack/4 oz cups (16 oz)

- Strawberry
- Vanilla
- Prune
- Peach
- Mango
- Mixed Berry
- Strawberry Banana
- Blueberry
- Black Cherry
- Zero Sugar Peach
- Zero Sugar Strawberry
- Zero Sugar Vanilla

32 oz tubs

- Pro Active

Chobani Lowfat

32 oz tubs

- Zero Sugar Strawberry
- Zero Sugar Vanilla
- Less Sugar Madagascar Vanilla/Cinnamon

8 pack/4 oz cups (32 oz)

- Non-Fat Greek Blended Variety

Oikos Lowfat

32 oz tubs

- Triple Zero Plain
- Vanilla Bean Blended Greek

Great Value Lowfat

32 oz tubs

- Light Greek

Dannon Whole Milk

32 oz tubs

- Vanilla

Dannon Lowfat

32 oz tubs

- Light & Fit Vanilla Greek

Kroger Whole Milk

32 oz tubs

- Blended Vanilla
- Plain

Kroger Lowfat

32 oz tubs

- Blended Vanilla
- Plain

Simple Truth Organic Lowfat

32 oz tubs

- Vanilla
- Plain
- Vanilla Bean Greek
- Plain Greek

SmartWay Lowfat

32 oz tubs

- Nonfat Plain Green

Lala Lowfat

32 oz tubs

- Strawberry
- Mango
- Vanilla

No Longer Approved:

Yoplait GO-GURT

- Berry/Cherry
- Berry/Strawberry
- Punch/Strawberry Watermelon
- Strawberry Banana/Raspberry
- Strawberry Banana/Watermelon
- Strawberry/Cotton Candy
- Strawberry/Mixed Berry
- Strawberry/Vanilla
- Punch/Strawberry
- Berry
- Cotton Candy
- Cotton Candy/Melon Berry
- Strawberry
- Strawberry/Tropical
- Blue Raspberry/Redberry
- Fizzy Cherry/Fizzy Raspberry
- Strawberry Mystery
- Watermelon/Green Apple 8 pack
- Watermelon/Green Apple 16 pack

Kroger Lowfat

32 oz tubs

- Blended Vanilla
- Blended Plain
- Greek Plain
- Greek Vanilla

Kroger Whole Milk

32 oz tubs

- Vanilla

Dannon

32 oz tubs

- Light & Fit Vanilla

Oikos Lowfat

32 oz tubs

- Greek Plain
- Blended Greek Vanilla

Great Value Lowfat

32 oz tubs

- Greek Strawberry
- Strawberry
- Greek Vanilla
- Strawberry Banana

Coburn Farms Lowfat

32 oz tubs

- Greek Plain
- Plain
- Vanilla

BREAKFAST CEREALS

Cereals with a star★ have whole grain as the first ingredient.

Added:

Cereals in 8.9 oz-36 oz are allowed, any combination that does not go over 36 oz

General Mill

- Bluey★
- Cheerios Veggie Blends - Apple Strawberry★
- Cheerios Veggie Blends - Blueberry
- Banana★
- Cheerios Hearty Nut Medley★
- Chex, Blueberry★
- Chex, Strawberry Vanilla★
- Chex, Cinnamon★
- Fiber One Honey Clusters★
- Mott's Very Berry★
- Mott's Apple Cinnamon★

Kellogg's

- Kashi Apple Cinnamon Loops★
- Complete Bran★
- Frosted Mini Wheats Bite Size, Strawberry★
- Frosted Mini Wheats Bite Size, Pumpkin Spice★
- Frosted Mini Wheats, Blueberry Muffin★
- Frosted Mini Wheats, Cocoa★
- Kashi Cocoa Clusters★
- Kashi Blueberry Clusters★
- Kashi Hearts and O's, Honey Toasted★
- Raisin Bran★
- Special K Protein, Original with Touch of Cinnamon★
- Special K Cinnamon and Pecan★

Malt-O-Meal

- Crispy Rice
- Raisin Bran★

Post

- Bran Flakes★
- Great Grains Red Berry Almond Crunch★
- Great Grains Cranberry Almond Crunch★
- Great Grains Raisin Date Pecan★
- Honey Bunches of Oats Maple & Pecans
- Honey Bunches of Oats with Strawberries
- Honey Bunches of Oats with Cinnamon Bunches
- Raisin Bran★

Quaker

- Mighty Life, Very Vanilla★
- Mighty Life, Mixed Berry★
- Oatmeal Squares, Honey Nut★

Hot Cereals

- Quaker Instant Oatmeal, Original★
- Quaker Instant Grits, Original
- Malt-O-Meal Original Hot Wheat Cereal

No Longer Approved:

General Mills

- Berry Berry Kix(discontinued)

- Honey Kix(discontinued)

Grain Berry

- Honey Nut Toasted Oats
- Shredded Wheat

Kellogg's

- Frosted Mini Wheats Filled Mixed Berry(discontinued)
- Frosted Mini Wheats Blueberry(discontinued)
- Frosted Mini Wheats Cinnamon Roll(discontinued)
- Kashi Hearts and O's, Warm Cinnamon(discontinued)
- Special K, Honey Almond(discontinued)
- Special K, Ancient Grains(discontinued)

Quaker

- Oatmeal Squares
- Cinnamon(discontinued)
- Oatmeal Squares Maple
- Life Multigrain Vanilla(discontinued)
- Life Multigrain Strawberry(discontinued)

WHOLE GRAIN BREADS

Added:

Whole grain breads are allowed in 12, 14, 16, 18, 20, 24 oz packages

Arnold

- Sandwich Thins 100% Whole Wheat
- Sandwich Thins Multigrain
- Whole Grains 100% Whole Wheat Bread
- Whole Grains Healthy Multi-Grain Bread
- Whole Grains 12 Grains and Seeds Bread
- 100% Whole Wheat Sandwich Buns

Lewis Bake Shop

- Healthy Life Whole Wheat Bread
- 100% Whole Wheat Half Loaf
- 12 Grain Half Loaf

Nature's Own

- 100% Whole Wheat Hamburger Buns
- Life 100% Whole Grain Sugar Free

Pepperidge Farm

- Very Thin 100% Whole Wheat Bread
- Whole Grain 100% Whole Wheat Bread
- Whole Grain 15 Grain Bread
- Whole Grain Oatmeal Bread
- Whole Grain Honey Whole Wheat Bread
- Light Style Soft Wheat Bread
- Whole Grain Thin Sliced 100% Whole Wheat Bread
- Whole Grain Thin Sliced 15 Grain Bread

Wonder

- Small 100% Whole Wheat Bread

Thomas

- 100% Whole Wheat Pre-Sliced Bagels
- 100% Whole Wheat English Muffins

FRUITS AND VEGETABLES

Added:

- Fresh herbs cut at the root or with the

root intact

- Basil, Bay Leaves, Chervil, Chives, Cilantro, Dill, Lemongrass, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Sorrel, Tarragon, Thyme

JUICE

No Longer Approved:

- 48 oz containers
- Frozen Concentrate

CANNED FISH

Added:

- **Canned tuna:** any brand light tuna, chunk style, packed in water 5, 6, and 7.5 oz
- **Canned salmon:** any brand pink salmon 5, 6, 7.5, and 14.75 oz

POTATOES

Added:

- Canned, fresh, and frozen white potatoes are allowed

INFANT FOODS

Added:

- Beech Nut, Gerber, Happy Baby Organics
- 1st and 2nd Stage Infant Fruits
- 1st and 2nd Stage Infant Vegetables
- Single or Mixed Ingredients
- Organic



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