

## Expanded WIC Services as Shared by the Maryland Department of Health

As the state of Maryland continues to deal with COVID-19 and provide WIC services for our families, MD WIC is making some temporary changes to the foods offered. We are hoping these additions to the foods available through WIC will help our families when they are grocery shopping during this crisis.

MD WIC is approving, on a temporary basis, the following foods:

- Shredded cheese in 8 or 16 oz packages
- Individually wrapped stick cheese packages, any size
- Block cheese in any size
- Sliced cheese in any size
- Eggs, white, 1 dozen small, extra large or jumbo
- Organic fluid milk in gallons, half gallons and quarts
- Organic soy beverages in half gallons and quarts
- Cold cereal in sizes smaller than 12 oz, but still larger than individual serving sizes
- Hot cereal in sizes smaller than 11.8 oz, but still larger than individual serving sizes
- Organic legumes (dry, canned, peanut butter)
- Organic infant cereal
- Flavored infant cereal
- Organic infant fruits and vegetables
- Organic infant meats
- Organic frozen juice concentrate, including juice blends
- Frozen juice concentrate in blends
- Organic juice in 64 oz containers, including juice blends
- Juice blends in 64 oz containers

All existing USDA requirements must still be met for requested items above. For example, smaller size cold cereal must still meet regulations for sugar and iron content.

We are requesting you submit your UPCs for these items, along with all necessary required information, via MD WIC's APL Vendor upload page at [apl.mdwic.org](http://apl.mdwic.org). If you haven't registered as a user for the site, you will need to do that first. Please refer to page 6 of the attached PDF if you need to learn how or need to review the process.

You may also add your UPCs in bulk. Please refer to page 7 of the PDF for instructions on how to process a bulk file of UPCs.

Due to the frequent changes to plans to make accommodations to help our participants, the UPC requested list may also change. Categories of items may or may not be added to our APL. This is a very fluid situation. We appreciate your understanding and any help you can provide.

If you have any questions about item requirements, please contact [WIC.foodslist@maryland.gov](mailto:WIC.foodslist@maryland.gov).