



## Important Whole Grain Benefits Update

On December 1, 2022, the Nebraska WIC Program will be implementing a major update to the whole grain items in our approved product list. **Due to this update, you will not be able to use your Whole Grain WIC food benefits to purchase any whole grain items on December 1, 2022, and possibly December 2, 2022.** However, by December 3, 2022, your benefits will work to purchase these items. This update is being pushed out by the Nebraska WIC Program, and it will take most authorized stores one to two days to enable it in their registers. If you have any questions or concerns regarding this update, do not direct them to any authorized store. Instead, please contact the Nebraska WIC Program at (402) 471-2782.

The Nebraska WIC Program is excited to announce that starting in December of 2022, we will be providing more whole wheat bread and tortilla options to our participants. Currently, the NE WIC Program authorizes only 16-ounce sizes of whole wheat breads and tortillas. We will be making sizes smaller and larger than 16 ounces available to our participants in December. New WIC-eligible whole wheat bread and tortillas options include the following products:

### 100% Whole Wheat Breads:

- Franz WW Sandwich Thins, 12 oz.
- Kroger WW Bread, 24 oz.
- Kroger Round Top, 24 oz.
- Kroger WW Sandwich Thins, 12 oz.
- Kroger WW Slider Buns, 12 oz.
- Kroger WW Hamburger Buns, 14 oz.
- Market & Mill WW Bread, 20 oz.
- Nature's Own WW Bread, 20 oz.
- Orowheat Wide Pan WW Bread, 24 oz.
- Our Family WW County Style Bread, 24 oz.
- Pepperidge Farm WW Bread, 24 oz.
- Pepperidge Farm WW Thin Sliced Bread, 22 oz.
- Pepperidge Farm Hamburger Buns, 14.5 oz.
- Private Selection WW Wide Pan Bread, 24 oz.
- Private Selection WW Sugar Free Bread, 24 oz.
- Private Selection Large Sandwich rolls, 21 oz.
- Private Selection WW Hot Dog Buns, 15 oz.
- Sara Lee WW Bread, 20 oz.
- Wonder WW Bread, 20 oz.

### Corn Tortillas:

- Bueno Corn Tortillas, 8 oz.
- Candy's Corn Tortillas, 8 oz.
- La Burrito Corn Tortillas, 8 oz.
- La Favorita Corn Tortillas, 8 oz.
- Mission Corn Tortillas, 8 oz.

### Whole Wheat Tortillas:

- Mi Mama's Low Carb WW Tortillas, 8 oz.
- Mission Carb Balance WW Tortillas, 8 oz.

