



CHANGES TO NC WIC Approved Foods

To support WIC families and manage costs, the NC WIC Approved Product List (APL) is changing effective **November 1, 2025**.



ORGANICS

Still Approved Organic Foods:

All Organic Fruits and Vegetables are Still Approved

- ✓ Organic fresh, frozen, or canned fruits
- ✓ Organic fresh, frozen, or canned vegetables

All Organic Infant Foods are Still Approved

- ✓ Organic Infant Fruits & Vegetables
- ✓ Organic Infant Cereals
- ✓ Organic Infant Meats

No Longer Approved Organic Foods:

- ✗ No other organic products are allowed for purchase with WIC benefits.

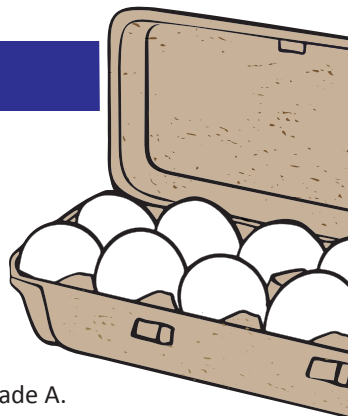
EGGS

Still Approved Eggs:

- ✓ Only 1-dozen Grade A, large, white chicken eggs are allowed for purchase with WIC benefits.

No Longer Approved Eggs:

- ✗ No specialty, organic, or brown eggs are allowed.
- ✗ No sizes other than large; no grades other than Grade A.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Child and Family Well-Being

Community Nutrition Services Section •
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