



\*Updated\* July 22, 2020

Dear WIC Participant,

Because of the COVID-19 pandemic, the Tennessee WIC Program will be adding the following food items for you to purchase with your TNWIC Card until further notice. You may purchase these as long as the amounts are available for your household:

- Eggs: All sizes (medium, large, extra-large) and Organic
- Cheese: 32 oz. packages (sliced, block, shredded), **if on your benefit list**
- Lower Fat Milk: Gallon of 2%, **when 1%, Fat Free/Skim or Sweet Acidophilus gallon is not available**
- Bread: Up to 24 oz. whole grain, **when 16 oz. is not available** or organic 14 to 16 oz. whole grain pastas
- Fish: Tuna (2.6 oz) / Salmon (2.5 oz.) pouches including flavored, **when approved sizes are not available**
- Baby Food: Organic jars or twin packs

We hope these additional items will make your shopping experience at an authorized WIC grocery store easier.

Your child has you and you have WIC.

Tennessee WIC Program



COVID-19 Public Information Numbers:  
833-556-2476 or 877-857-2945  
Available 10 a.m. – 10 p.m. CDT Daily