



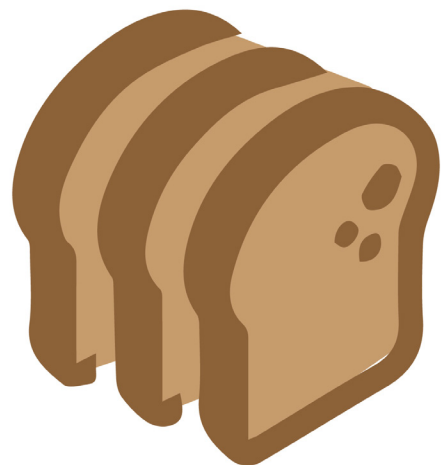
## COVID-19 Waivers

Can I buy . . .

### BREAD

100% Whole Wheat or Whole Grain

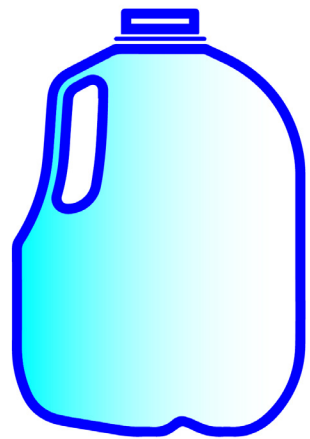
Yes! Get any size 16-24 oz.



### MILK

If you are issued skim/nonfat or 1% and your store is out . . .

Yes! Get 2%.



### YOGURT

If you are issued low-fat or nonfat and your store is out . . .

Yes! Get whole.

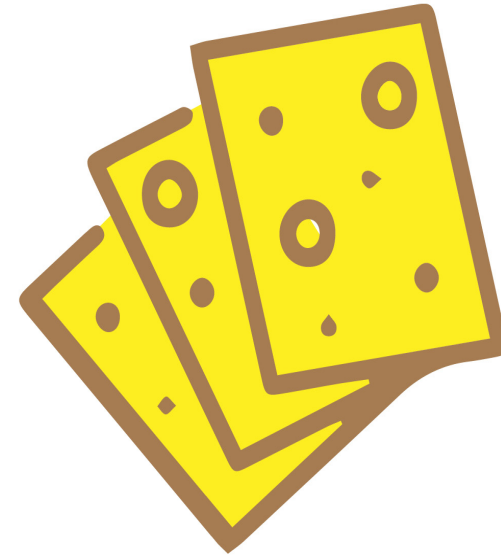


## New Approved Foods

Can I buy . . .

### CHEESE

Yes! Get 8 oz. or 16 oz. sliced, shredded, block, snack, cubed, shaped, crumbled, strips, sticks, diced, grated, or string.



A dozen Chicken

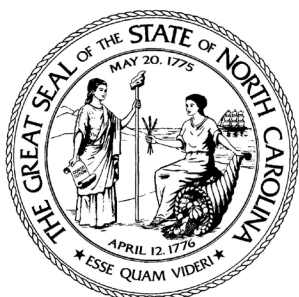
### EGGS

Yes! Get white, brown, any specialty (low-cholesterol, cage free, etc.).



### ORGANIC

Yes! In all approved food categories.



State of North Carolina • Department of Health and Human Services  
Division of Public Health • Nutrition Services Branch  
[www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.nutritionnc.com/mywic](http://www.nutritionnc.com/mywic)  
This institution is an equal opportunity provider.