

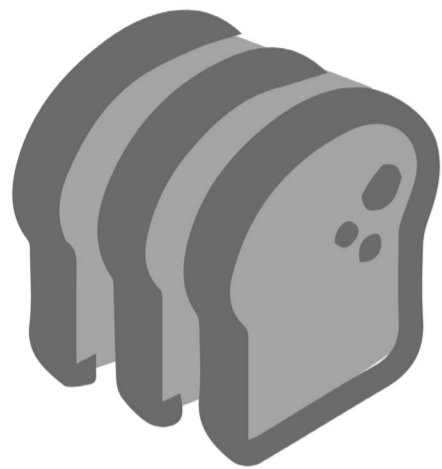
# COVID-19 Waivers

Can I buy . . .

## BREAD

**100% Whole Wheat or Whole Grain**

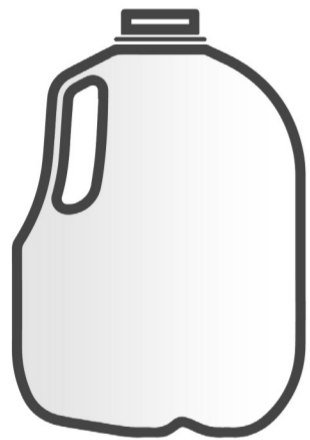
**Yes! Get any size 16-24 oz.**



## 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.**

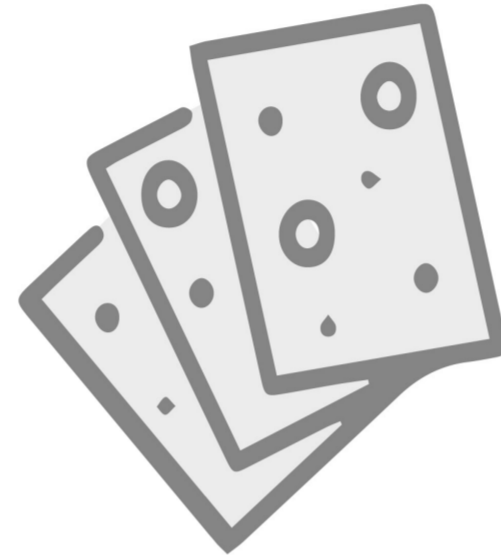


# New Approved Foods

Can I buy . . .

## CHEESE

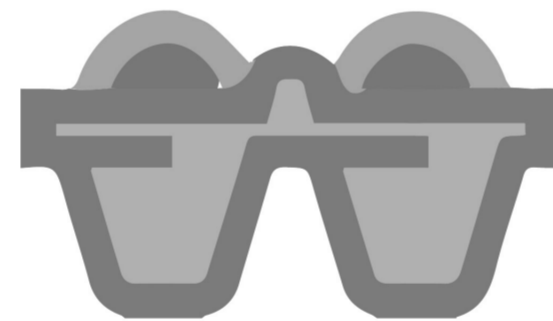
**Yes! Get 8 oz. or 16 oz. sliced, shredded, block, snack, cubed, shaped, crumbled, strips, sticks, diced, grated, or string.**



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  
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