

New WIC Food Packages

Starting March 2026

What is new?

More food choices.

Better support for healthy eating habits.

New options for different diets.



FRUITS AND VEGETABLES

- More fruit and vegetable dollars instead of juice.
- Fresh cut herbs are allowed.



DAIRY

- Choose between milk, cheese and yogurt, OR plant-based beverage or tofu.
- Yogurt included in all packages starting at 12 months.



EGGS

- Choose between eggs, tofu or peanut butter and beans.



INFANT FOODS

- Choose fruit and vegetable dollars starting at six months, instead of infant foods.



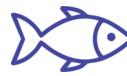
PEANUT BUTTER AND BEANS

- Families with specific dietary needs can choose other nut or seed butters.



WHOLE GRAINS

- More choices and sizes for whole grains like English muffins, bagels, pita, quinoa, wild rice, cornmeal and more.
- Included in all women packages.



FISH

- Included in all women and children packages.

Ask WIC staff.

Learn about the new options and how to choose the best food package for your family.