

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.



PEANUT BUTTER AND BEANS

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



DAIRY

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



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.



EGGS

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



FISH

- Included in all women and children packages.



INFANT FOODS

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

Ask WIC staff.

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