



WIC Foods:

CHANGES TO THE WIC FOOD PACKAGES

The WIC food package is changing! Changes aim to provide participants with a wider variety of foods, encourage more fruit and vegetable consumption, and provide the WIC agencies with more flexibility when tailoring participant food packages. These changes will begin to take effect in January 2026 and will be complete by April 2026.

Who will the changes affect?

The WIC food packages provide supplemental foods designed to address the specific nutritional needs of income-eligible pregnant, breastfeeding, and non-breastfeeding postpartum women, infants, and children up to five years of age who are at a nutritional risk. These changes will affect all participants and WIC food packages.



What is changing with the WIC food package?

The following food package changes have been designed to provide more choice, balance, variety, and support to WIC participants:

- Juice amounts have been updated for all food packages with the option to substitute for an additional dollar amount to be used on any allowable fruits and/or vegetables.
- Canned fish has been added to all food packages.
- Whole grain options have been expanded.



Why are these changes being made?

The WIC food packages are being updated to align more closely with the recommendations outlined in the *Dietary Guidelines for Americans, 2020-2025*.

These changes are intended to:

- Expand choices to ensure access to essential nutrients.
- Allow better balance to address nutritional needs and encourage healthy dietary patterns.
- Provide greater flexibility to accommodate cultural food preferences and special dietary needs.
- Enhance support for breastfeeding parents to help establish and maintain long-term breastfeeding.

