



# WHAT FOOD BENEFITS DOES WIC PROVIDE?

## Foods for Infants (Birth-12 Months)

- Infant Formula
- Infant Cereal
- Infant Fruits and Vegetables (plus Cash-Value Benefits for Fruits and Vegetables)
- Infant Meats (for fully breastfed infants only)

The WIC Program strongly encourages and provides support for breastfeeding. It recognizes that breastfeeding is the best method of infant feeding and nurturing. Iron-fortified infant formula is available as needed. Does your baby need a special formula? Contact the WIC office in your area to find out if WIC can provide it. At six months of age, infants may also receive iron-fortified infant cereal and infant fruits and vegetables. Infants who are fully breastfed also receive infant meats.

## Foods for Women and Children

- Milk, Yogurt
- Cereal
- Whole-grain Bread, Brown Rice, Whole-wheat or Soft-corn Tortillas, Whole-wheat Pasta
- Fruits and Vegetables, fresh, canned, or frozen
- Juice
- Cheese
- Tofu
- Dried or Canned Beans, Peas, and Legumes
- Peanut Butter
- Eggs
- Canned Fish

Women and children (one to five years of age) participating in WIC receive benefits for a variety of healthy foods. Women who exclusively breastfeed their babies receive larger quantities of food. Special formulas or nutritional supplements are also available to women and children with certain medical conditions. Contact your local WIC office for more information.



NC Department of Health and Human Services Division of Child and Family Well-Being  
Community Nutrition Services Section [www.ncdhhs.gov/nc-wic-cacfp](http://www.ncdhhs.gov/nc-wic-cacfp)  
This institution is an equal opportunity provider. 1/26 #0000

## 2026 WIC Food Package Updates

**CONTINUED:** Swap 3 quarts milk for 1 pound cheese



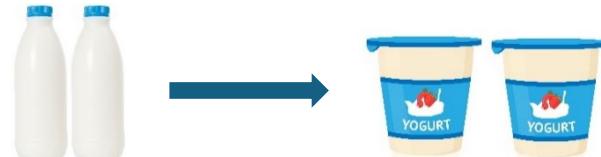
**NEW:** Fully breastfeeding women can swap 6 quarts milk for 2 pounds cheese.



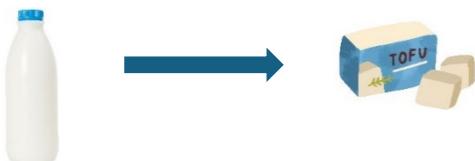
**CONTINUED:** Swap 1 quart milk for 1 quart yogurt.



**NEW:** Swap 2 quarts milk for 2 quarts yogurt.



**CONTINUED:** Swap 1 quart milk for 1 pound tofu.



**NEW:** Swap all the milk for tofu!



**NEW:** Swap a dozen eggs for tofu, beans, or nut or seed butters.



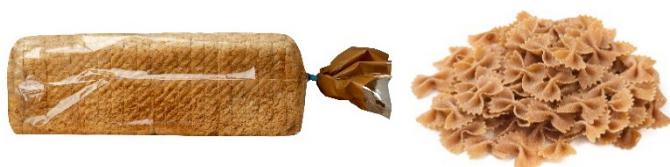
**NEW:** Women, children, and infants 6-12 months old will get more Cash Value Benefit (CVB) to buy fruits and vegetables. Infants can get jarred options instead. Women and children can swap some CVB for juice.



**NEW:** Use CVB for fresh herbs and party packs.



**NEW:** Get whole grains in 16 to 24 ounce sizes.



**NEW AND ONGOING:** Purchase plant-based milks, yogurts, and cheeses, nut and seed butters, and more whole grain options as they become available in stores and meet requirements for WIC.

