



Your New WIC Foods!

Effective June 2025

Infants (6 Through 11 Months)

Red = Change from old food package

If your baby is using some or only formula...		
Food	Old	New
Infant Cereal	24 oz	8 oz
Infant F/V	128 oz OR 64 oz + \$4	128 oz OR 64 oz + \$11 OR \$22

Details
✓ Less infant cereal
✓ More \$\$ for fruits, vegetables, and herbs instead of baby food jars starting at 6 months

If your baby is fully breastfed...		
Food	Old	New
Infant Cereal	24 oz	16 oz
Infant F/V	256 oz OR 128 oz + \$8	128 oz OR 64 oz + \$11 OR \$22
Infant Meats	77.5 oz	40 oz

Details
✓ Less infant cereal
✓ More \$\$ for fruits, vegetables, and herbs instead of baby food jars starting at 6 months
✓ Less infant meats



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Children (1 Through 4 Years)

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Food	Old	New
Juice	Two 64 oz bottles	One 64 oz bottle
Milk	1-4 Years: 13 qt	12-23 Months: 12 qt 2-4 Years: 14 qt
Cereal	36 oz	36 oz
Cheese	1 lb	None
Eggs	1 dozen	1 dozen
Fruits and Vegetables	\$26	\$26
Whole Grains	32 oz	24 oz
Fish (canned)		6 oz
Legumes	Choose 1: Beans (dried or canned) or peanut butter	Choose 1: Beans (dried or canned) or peanut butter

Details
✓ Choose \$3 for fruits, vegetables, and herbs instead of juice
✓ Add more yogurt
✓ More sizes and variety
✓ Add cheese
✓ Substitute: <ul style="list-style-type: none"> ○ Beans ○ Peanut butter ○ Tofu
✓ Fresh herbs
✓ Party trays (without dips or sauces)
✓ More options and sizes
✓ Buy canned fish
✓ More size options for peanut butter

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Pregnant OR Mostly Breastfeeding

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Food	Old	New
Juice	Three 46oz bottles	One 64 oz bottle
Milk	19 qt	16 qt
Cereal	36 oz	36 oz
Cheese	1 lb	None
Eggs	1 dozen	1 dozen
Fruits and Vegetables	Pregnant: \$47 Mostly BF: \$52	Pregnant: \$47 Mostly BF: \$52
Whole Grains	16 oz	48 oz
Fish (canned)		Pregnant: 10 oz Mostly BF: 15 oz
Legumes	Choose 2: Beans (dried or canned) or peanut butter	Choose 2: Beans (dried or canned) or peanut butter

Details
✓ Choose \$3 for fruits, vegetables, and herbs instead of juice
✓ Add more yogurt
✓ More sizes and variety
✓ Add cheese
✓ Substitute: <ul style="list-style-type: none"> ○ Beans ○ Peanut butter ○ Tofu
✓ Fresh herbs
✓ Party trays (w/out dips or sauces)
✓ More whole grains + options
✓ Buy canned fish
✓ More size options for peanut butter

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Postpartum (Little or No Breastfeeding)

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Food	Old	New
Juice	Two 46 oz bottles	One 64 oz bottle
Milk	13 qt	16 qt
Cereal	36 oz	36 oz
Cheese	1 lb	None
Eggs	1 dozen	1 dozen
Fruits and Vegetables	\$47	\$47
Whole Grains		48 oz
Fish (canned)		10 oz
Legumes	Choose 1: Beans (dried or canned) or peanut butter	Choose 1: Beans (dried or canned) or peanut butter

Details
✓ Choose \$3 for fruits, vegetables, and herbs instead of juice
✓ Add more yogurt
✓ More sizes and variety
✓ Add cheese
✓ Substitute: <ul style="list-style-type: none"> ○ Beans ○ Peanut butter ○ Tofu
✓ Fresh herbs
✓ Party trays (w/out dips or sauces)
✓ More whole grains + options
✓ Buy canned fish
✓ More size options for peanut butter



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Fully Breastfeeding

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Food	Old	New
Juice	Three 46 oz bottles	One 64 oz bottle
Milk	24 qt	16 qt
Cereal	36 oz	36 oz
Cheese	1 lb	None
Eggs	2 dozen	2 dozen
Fruits and Vegetables	\$52	\$52
Whole Grains	16 oz	48 oz
Fish (canned)	30 oz	20 oz
Legumes	Choose 2: Beans (dried or canned) or peanut butter	Choose 2: Beans (dried or canned) or peanut butter

Details
✓ Choose \$3 for fruits, vegetables, and herbs instead of juice
✓ Add more yogurt
✓ More sizes and variety
✓ Add cheese
✓ Substitute: <ul style="list-style-type: none"> ○ Beans ○ Peanut butter ○ Tofu
✓ Fresh herbs
✓ Party trays (w/out dips or sauces)
✓ More whole grains + options
✓ Buy canned fish
✓ More size options for peanut butter