



FOOD PACKAGE CHANGES ARE COMING!

**STARTING JUNE 30 THROUGH SEPTEMBER 2025
(EXACT DATE DEPENDS ON WHEN YOUR BENEFITS ARE ISSUED).**

MORE CHOICES:

- Canned fish for all children and adults.
- Less juice and more fruits and vegetables.
- Egg substitution options.
- Less milk and more yogurt.
- More whole grains for adults and added options.
- More whole fruit and vegetable options for infants starting at 6 months.

ASK A WIC STAFF MEMBER

Learn about your new options and how your benefits may change.



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