



NEW WIC FOOD PACKAGE COMING!

January 1, 2025

FULLY BREASTFEEDING MULTIPLES

NEW OPTIONS:

- Trade juice for an extra \$3 for fruits & veggies
- Trade a half gallon of milk for 2 quarts of yogurt
- Trade eggs for peanut butter or beans

Talk to a WIC staff member to have these items changed on your benefits

OTHER CHANGES:

- Whole Grains: 72oz
- Milk: 6 gallons
- Juice: 96oz
- Fish: 30oz



Food Item	Old	New
Milk	6.75 gallons	6 gallons
Juice	192oz	96oz
Whole Grains	24oz	72oz
Fish	45oz	30oz

All other food items will remain the same

