



NEW WIC FOOD PACKAGE COMING!

January 1, 2025

FULLY OR SUBSTANTIALLY BREASTFEEDING

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: 48oz
- Juice: 64oz
- Fish: 20oz or 15oz
 - based on breastfeeding amount



Food Item	Old	New
Milk	6 gallons Fully BF 5.5 gallons Substantially BF	4 gallons
Juice	144oz	64oz
Whole Grains	16oz	48oz
Fish	30oz Fully BF 0oz Substantially BF	20oz Fully BF 15oz Substantially BF

All other food items will remain the same

