



NEW FOOD PACKAGE COMING!

JANUARY 1, 2025

CHILDREN

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:

- 1-2 years old: 3 gallons of milk
- 2-5 years old: 3.5 gallons of milk
- 24oz of whole grains
- 64oz of juice
- 6oz of fish



Food Item	Old	New
Milk	4 gallons	3 gallons (1-2yrs) 3.5 gallons (2yrs+)
Juice	128oz	64oz
Whole Grains	32oz	24oz
Fish	0oz	6oz

All other food items will remain the same

